

DASH

Dietary Approaches to Stop Hypertension



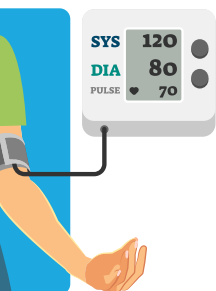
مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

الخطوة الأولى لصحة عائلتك
The First Step to your Family's Health

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DASH stands for Dietary Approaches to Stop Hypertension

Hypertension is high blood pressure. It is considered to be one of the most common health problems. Uncontrolled blood pressure leads to many chronic illnesses, the most common being heart diseases.



This plan recommends:

- Eating vegetables, fruits, and whole grains.
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts and vegetable oils in small amount.
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products.
- Limiting sugar-sweetened beverages and sweets.
- Limiting sodium intake to 2,300mg of sodium a day or less.

How to control Hypertension:

- Follow a healthy eating plan such as DASH.
- Check nutrition labels of food products.
- Be physically active.
- Maintain a healthy weight.
- Limit alcohol intake.
- Manage and cope with stress.
- Quit smoking.
- Take your prescribed medication as directed.



DASH DIET

Tips to reduce Salt/Sodium in food

- Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables
- Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, brined, or cured.
- Check the Nutrition Facts labels to compare sodium levels in foods.
- Choose low- or reduced-sodium, or no-salt-added versions of foods.
- Limit cured foods ,foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce).
- Limit even lower sodium versions of soy sauce and teriyaki sauce.
- Canned foods such as tuna and beans can be rinsed to remove some of the sodium.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, noodles and salad dressings, which often have a lot of sodium.
- Prepare and eat more foods at home, where you can control how much sodium is added.
- Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes.
- Start by cutting salt in half and work your way toward healthy substitutes.
- Choose fruit or vegetables instead of salty snacks, chips, or fries.
- Remove salt shakers from the table.



DASH DIET

Tips for lowering Sodium when shopping cooking and eating out



Shopping

- Read food labels and choose items that are lower in sodium and salt, particularly for convenience foods and condiments.
- Choose fresh poultry, fish, and lean meats instead of cured food.
- Choose fresh or frozen versus canned fruits and vegetables.
- Avoid food with added salt, such as pickles, pickled vegetables, olives, and sauerkraut.
- Avoid instant or flavored rice and pasta.



Cooking

- Don't add salt when cooking rice, pasta, and hot cereals.
- Flavor your foods with salt-free seasoning blends, fresh or dried herbs and spices, or fresh lemon or lime juice.
- Rinse canned foods or foods soaked in brine before using to remove the sodium.
- Use less table salt to flavor food.



Eating Out

- Ask that foods be prepared with-out added salt or MSG, commonly used in Asian foods.
- Avoid choosing menu items that have salty ingredients such as pickles, olives, and cheese.
- Avoid choosing menu items that include foods that are pickled, cured, smoked, or made with soy sauce or broth.
- Choose fruit or vegetables as a side dish, instead of chips or fries.

DASH DIET

Number of Food Servings by Calorie Level

FOOD GROUP	1,200 CAL	1,400 CAL	1,600 CAL	1,800 CAL	2,000 CAL
GRAINS	4-5	5-6	6	6	6-8
VEGETABLES	3-4	3-4	3-4	4-5	4-5
FRUITS	3-4	4	4	4-5	4-5
FAT-FREE OR LOW-FAT DAIRY PRODUCTS	2-3	2-3	2-3	2-3	2-3
LEAN MEATS, POULTRY, AND FISH	3 or less	3-4 or less	3-4 or less	6 or less	6 or less
NUTS, SEEDS, AND LEGUMES	3 per week	3 per week	4 per week	4-5 per week	4-5
FATS AND OILS	1	1	2	2-3	2-3
SWEETS AND ADDED SUGARS	3 or less per week	3 or less per week	3 or less per week	5 or less per week	5 or less per week
MAXIMUM SODIUM LIMITED	2,300 mg/day	2,300 mg/day	2,300 mg/day	2,300 mg/day	2,300 mg/day



DASH DIET

Serving Sizes, Examples,
and Significance

FOOD GROUP	SERVING SIZES	EXAMPLES AND NOTES	SIGNIFICANCE OF EACH FOOD GROUP TO THE DASH EATING PLAN
GRAINS	<ul style="list-style-type: none"> 1 slice bread 1 oz dry cereal ½ cup cooked rice, pasta, or cereal 	Whole-wheat bread, whole-wheat pasta, cereals, brown rice	Major sources of energy and fiber
VEGETABLES	<ul style="list-style-type: none"> 1 cup raw leafy vegetable ½ cup cooked vegetable 	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
FRUITS	<ul style="list-style-type: none"> 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit 	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
FAT-FREE OR LOW-FAT DAIRY PRODUCTS	1 cup fat-free or low-fat milk or yogurt	Fat-free milk or low-fat milk or yogurt	Major sources of calcium and protein
LEAN MEATS, POULTRY, AND FISH	1 oz cooked meats, poultry, or fish 1 egg	Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
NUTS, SEEDS, AND LEGUMES	<ul style="list-style-type: none"> 2 Tbsp peanut butter 2 Tbsp seeds ½ cup cooked legumes (dried beans, peas) 	Almonds, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber

DASH DIET

Serving Sizes, Examples,
and Significance

FOOD GROUP	SERVING SIZES	EXAMPLES AND NOTES	SIGNIFICANCE OF EACH FOOD GROUP TO THE DASH EATING PLAN
FATS AND OILS	1 tsp vegetable oil	Vegetable oil (canola, corn, olive)	The DASH study had 27% of calories as fat, including fat in or added to foods
SWEETS AND ADDED SUGARS	<ul style="list-style-type: none"> 1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin dessert 	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat

DASH DIET

Check Food Labels
CHECK THE PACKAGE FOR
NUTRIENT CLAIMS

WHAT IT SAYS	WHAT IT MEANS
SALT/SODIUM-FREE	Less than 5 mg of sodium per serving
VERY LOW SODIUM	35 mg of sodium or less per serving
LOW SODIUM	140 mg of sodium or less per serving
REDUCED SODIUM	At least 25% less sodium than the regular product
LIGHT IN SODIUM OR LIGHTLY SALTED	At least 50% less sodium than the regular product
NO-SALT-ADDED OR UNSALTED	No salt is added during processing – but these products may not be salt/sodium-free unless stated

