

FACTS ABOUT

The *DASH* Eating Plan



Research has found that diet affects the development of high blood pressure, or hypertension (the medical term). Recently, two studies showed that blood pressure can be lowered by following a particular eating plan—called the Dietary Approaches to Stop Hypertension (DASH) eating plan—and reducing the amount of sodium consumed.

While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure.

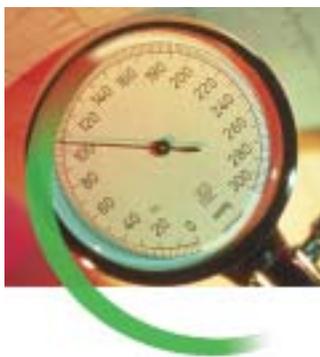
This fact sheet, based on the DASH research findings, tells about high blood pressure, and how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption—2,400 milligrams (the upper limit of current recommendations by the Federal Government's National High Blood Pressure Education Program (NHBPEP) and the amount used to figure food labels' Nutrition Facts Daily Value) and 1,500 milligrams.

Those with high blood pressure may especially benefit from following the eating plan and reducing their sodium intake. But the combination is a heart healthy recipe that all adults can follow.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

National Institutes of Health
National Heart, Lung, and Blood Institute



WHAT IS HIGH BLOOD PRESSURE?

Blood pressure is the force of blood against artery walls. It is measured in millimeters of mercury (mmHg) and recorded as two numbers—systolic pressure (as the heart beats) over diastolic pressure (as the heart relaxes between beats). Both numbers are important. (See box 1 below.)

Blood pressure rises and falls during the day. When it stays elevated over time, it's called high blood pressure. High blood pressure is dangerous because it makes the heart work too hard, and the force of its blood flow can harm arteries. High blood pressure often has no warning signs or symptoms. Once it occurs, it usually lasts a lifetime. Uncontrolled, it can lead to heart and kidney disease and stroke.

High blood pressure affects about 50 million—or 1 in 4—adult Americans. High blood pressure is especially common among African Americans who tend to develop it at an earlier age and more often than Whites. It also is common among older Americans—individuals with normal blood pressure at age 55 have a 90 percent lifetime risk for developing hypertension.

High blood pressure can be controlled if you take these steps: maintain a healthy weight; be physically active; follow a healthy eating plan, which includes foods lower in salt and sodium; if you drink alcoholic beverages, do so in moderation; and, if you have high blood pressure and are prescribed medication, take it as directed. All steps but the last also help to prevent high blood pressure.

box 1

BLOOD PRESSURE LEVELS FOR ADULTS*

CATEGORY	SYSTOLIC† (MMHg)‡		DIASTOLIC† (MMHg)‡	RESULT
Normal	Less than 120	<i>and</i>	Less than 80	Good for you!
Prehypertension	120–139	<i>or</i>	80–89	Your blood pressure could be a problem. Make changes in what you eat and drink, be physically active, and lose extra weight. If you also have diabetes, see your doctor.
Hypertension	140 or higher	<i>or</i>	90 or higher	You have high blood pressure. Ask your doctor or nurse how to control it.

* For adults ages 18 and older who are not on medicine for high blood pressure and do not have a short-term serious illness. Source: *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure*; NIH Publication No. 03-5230, National High Blood Pressure Education Program, May 2003.

† If systolic and diastolic pressures fall into different categories, overall status is the higher category.

‡ Millimeters of mercury.

WHAT IS THE DASH EATING PLAN?

Blood pressure can be unhealthy even if it stays only slightly above the normal level of less than 120/80 mmHg. The higher blood pressure rises above normal, the greater the health risk.

In the past, researchers tried to find clues about what in the diet affects blood pressure by testing various single nutrients, such as calcium and magnesium. These studies were done mostly with dietary supplements and their findings were not conclusive.

Then, scientists supported by the National Heart, Lung, and Blood Institute (NHLBI) conducted two key studies. The first was called “DASH,” and it tested nutrients as they occur together in food. Its findings showed that blood pressures were reduced with an eating plan that is low in saturated fat, cholesterol, and total fat, and that emphasizes fruits, vegetables, and lowfat dairy foods. This eating plan—known as the DASH eating plan—also includes whole grain products, fish, poultry, and nuts. It is reduced in red meat, sweets, and sugar-containing beverages. It is rich in magnesium, potassium, and calcium, as well as protein and fiber.

The DASH study involved 459 adults with systolic blood pressures of less than 160 mmHg and diastolic pressures of 80–95 mmHg. About 27 percent of the participants had hypertension. About 50 percent were women and 60 percent were African Americans.

Who Helped With DASH?

The DASH study was sponsored by the NHLBI and conducted at four medical centers. There was also a central coordinating center at Kaiser Permanente Center for Health Research in Portland, OR.

The four medical centers were: Brigham and Women’s Hospital, Boston, MA; Duke University Medical Center, Durham, NC; Johns Hopkins University, Baltimore, MD; Pennington Biomedical Research Center, Louisiana State University, Baton Rouge, LA.



DASH compared three eating plans: A plan similar in nutrients to what many Americans consume; a plan similar to what Americans consume but higher in fruits and vegetables; and the DASH eating plan. All three plans included about 3,000 milligrams of sodium daily. None of the plans was vegetarian or used specialty foods.

Results were dramatic: Both the fruits and vegetables plan and the DASH eating plan reduced blood pressure. But the DASH eating plan had the greatest effect, especially for those with high blood pressure. Furthermore, the blood pressure reductions came fast—within 2 weeks of starting the plan.

The second study was called “DASH-Sodium,” and it looked at the effect on blood pressure of a reduced dietary sodium intake as participants followed either the DASH eating plan or an eating plan typical of what many Americans consume. DASH-Sodium involved 412 participants. Their systolic blood pressures were 120–159 mmHg and their diastolic blood pressures were 80–95 mmHg. About 41 percent of them had high blood pressure. About 57 percent were women and about 57 percent were African Americans.

Participants were randomly assigned to one of the two eating plans and then followed for a month at each of three sodium levels. The three sodium levels were: a higher intake of about 3,300 milligrams per day (the level consumed by many Americans); an intermediate intake of about 2,400 milligrams per day; and a lower intake of about 1,500 milligrams per day.



Results showed that reducing dietary sodium lowered blood pressure for both eating plans. At each sodium level, blood pressure was lower on the DASH eating plan than on the other eating plan. The biggest blood pressure reductions were for the DASH eating plan at the sodium intake of 1,500 milligrams per day. Those with hypertension saw the biggest reductions, but those without it also had large decreases.

Those on the 1,500-milligram sodium intake eating plan, as well as those on the DASH eating plan, had fewer headaches. Other than that and blood pressure levels, there were no significant effects caused by the two eating plans or different sodium levels.

DASH-Sodium shows the importance of lowering sodium intake—whatever your eating plan. But for a true winning combination, follow the DASH eating plan *and* lower your intake of salt and sodium.

FOLLOWING THE DASH EATING PLAN

The DASH eating plan shown below is based on 2,000 calories a day. The number of daily servings in a food group may vary from those listed, depending on your caloric needs. Use this chart to help you plan your menus or take it with you when you go to the store.

FOOD GROUP	DAILY SERVINGS (EXCEPT AS NOTED)	SERVING SIZES	EXAMPLES AND NOTES	SIGNIFICANCE OF EACH FOOD GROUP TO THE DASH EATING PLAN
Grains and grain products	7–8	1 slice bread 1 oz dry cereal* 1/2 cup cooked rice, pasta, or cereal	Whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal, crackers, unsalted pretzels and popcorn	Major sources of energy and fiber
Vegetables	4–5	1 cup raw leafy vegetable 1/2 cup cooked vegetable 6 oz vegetable juice	Tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4–5	6 oz fruit juice 1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit	Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Lowfat or fat free dairy foods	2–3	8 oz milk 1 cup yogurt 1 1/2 oz cheese	Fat free (skim) or lowfat (1%) milk, fat free or lowfat buttermilk, fat free or lowfat regular or frozen yogurt, lowfat and fat free cheese	Major sources of calcium and protein
Meats, poultry, and fish	2 or less	3 oz cooked meats, poultry, or fish	Select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, and dry beans	4–5 per week	1/3 cup or 1 1/2 oz nuts 2 Tbsp or 1/2 oz seeds 1/2 cup cooked dry beans peas	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils, peas	Rich sources of energy, magnesium, potassium, protein, and fiber
Fats and oils†	2–3	1 tsp soft margarine 1 Tbsp lowfat mayonnaise 2 Tbsp light salad dressing 1 tsp vegetable oil	Soft margarine, lowfat mayonnaise, light salad dressing, vegetable oil (such as olive, corn, canola, or safflower)	DASH has 27 percent of calories as fat, including fat in or added to foods
Sweets	5 per week	1 Tbsp sugar 1 Tbsp jelly or jam 1/2 oz jelly beans 8 oz lemonade	Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet, ices	Sweets should be low in fat



* Equals 1/2 – 1 1/4 cups, depending on cereal type. Check the product's Nutrition Facts Label.

† Fat content changes serving counts for fats and oils: For example, 1 Tbsp of regular salad dressing equals 1 serving; 1 Tbsp of a lowfat dressing equals 1/2 serving; 1 Tbsp of a fat free dressing equals 0 servings.



HOW DO I MAKE THE DASH?

The DASH eating plan used in the studies calls for a certain number of servings daily from various food groups. These are given in box 2 on page 5 for 2,000 calories per day. The number of servings you require may vary, depending on your caloric need—box 4 gives the servings for 1,600 and 3,100 calories. If you're trying to lose weight, check box 3 for tips on how to make the DASH eating plan lower in calories.

box 3

HOW TO LOWER CALORIES ON THE DASH EATING PLAN

The DASH eating plan was not designed to promote weight loss. But it is rich in lower calorie foods, such as fruits and vegetables. You can make it lower in calories by replacing higher calorie foods with more fruits and vegetables—and that also will make it easier for you to reach your DASH goals. Here are some examples:

To increase fruits—

- Eat a medium apple instead of four shortbread cookies. *You'll save 80 calories.*
- Eat $\frac{1}{4}$ cup of dried apricots instead of a 2-ounce bag of pork rinds. *You'll save 230 calories.*

To increase vegetables—

- Have a hamburger that's 3 ounces of meat instead of 6 ounces. Add $\frac{1}{2}$ cup serving of carrots and $\frac{1}{2}$ cup serving of spinach. *You'll save more than 200 calories.*
- Instead of 5 ounces of chicken, have a stir-fry with 2 ounces of chicken and $1\frac{1}{2}$ cups of raw vegetables. Use a small amount of vegetable oil. *You'll save 50 calories.*

To increase lowfat or fat free dairy products—

- Have a $\frac{1}{2}$ cup serving of lowfat frozen yogurt instead of a $1\frac{1}{2}$ -ounce milk chocolate bar. *You'll save about 110 calories.*

And don't forget these calorie-saving tips—

- Use lowfat or fat free condiments.
- Use half as much vegetable oil, soft or liquid margarine, or salad dressing, or choose fat free versions.
- Eat smaller portions—cut back gradually.
- Choose lowfat or fat free dairy products to reduce total fat intake.
- Check the food labels to compare fat content in packaged foods—items marked lowfat or fat free are not always lower in calories than their regular versions.
- Limit foods with lots of added sugar, such as pies, flavored yogurts, candy bars, ice cream, sherbet, regular soft drinks, and fruit drinks.
- Eat fruits canned in their own juice.
- Add fruit to plain yogurt.
- Snack on fruit, vegetable sticks, unbuttered and unsalted popcorn, or bread sticks.
- Drink water or club soda.

box 4

DASH EATING PLAN — NUMBER OF SERVINGS FOR OTHER CALORIE LEVELS

FOOD GROUP	SERVINGS/DAY	
	1,600 CALORIES/DAY	3,100 CALORIES/DAY
Grains and grain products	6	12–13
Vegetables	3–4	6
Fruits	4	6
Lowfat or fat free dairy foods	2–3	3–4
Meats, poultry, and fish	1–2	2–3
Nuts, seeds, and dry beans	3/week	1
Fat and oils	2	4
Sweets	0	2

box 5

WHERE'S THE SODIUM?

Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing. This table gives examples of the varying amounts of sodium in some foods.

FOOD GROUPS	SODIUM (mg)
Grains and grain products	
Cooked cereal, rice, pasta, unsalted, 1/2 cup	0–5
Ready-to-eat cereal, 1 cup	100–360
Bread, 1 slice	110–175
Vegetables	
Fresh or frozen, cooked without salt, 1/2 cup	1–70
Canned or frozen with sauce, 1/2 cup	140–460
Tomato juice, canned 3/4 cup	820
Fruit	
Fresh, frozen, canned, 1/2 cup	0–5
Lowfat or fat free dairy foods	
Milk, 1 cup	120
Yogurt, 8 oz	160
Natural cheeses, 1 1/2 oz	110–450
Processed cheeses, 1 1/2 oz	600
Nuts, seeds, and dry beans	
Peanuts, salted, 1/3 cup	120
Peanuts, unsalted, 1/3 cup	0–5
Beans, cooked from dried, or frozen, without salt, 1/2 cup	0–5
Beans, canned, 1/2 cup	400
Meats, fish, and poultry	
Fresh meat, fish, poultry, 3 oz	30–90
Tuna canned, water pack, no salt added, 3 oz	35–45
Tuna canned, water pack, 3 oz	250–350
Ham, lean, roasted, 3 oz	1,020



You should be aware that the DASH eating plan has more daily servings of fruits, vegetables, and whole grain foods than you may be used to eating. Because the plan is high in fiber, it can cause bloating and diarrhea in some persons. To avoid these problems, gradually increase your intake of fruit, vegetables, and whole grain foods.

This fact sheet gives menus and recipes for both 2,400 and 1,500 milligrams of daily sodium intake. Twenty-four hundred milligrams of sodium equals about 6 grams, or 1 teaspoon, of table salt (sodium chloride); 1,500 milligrams of sodium equals about 4 grams, or $\frac{2}{3}$ teaspoon, of table salt. These amounts include all salt consumed—

that in food products, used in cooking, and added at the table. Only small amounts of sodium occur naturally in food. *Processed foods account for most of the salt and sodium Americans consume.* So, be sure to read food labels to choose products lower in sodium. You may be surprised at many of the foods that have sodium. They include soy sauce, seasoned salts, monosodium glutamate (MSG), baking soda, and some antacids—the range is wide.

Because it is rich in fruits and vegetables, which are naturally lower in sodium than many other foods, the DASH eating plan makes it easier to consume less salt and sodium. Still, you may want



box 6

TIPS TO REDUCE SALT AND SODIUM

- Use reduced sodium or no-salt-added products. For example, choose low- or reduced-sodium, or no-salt-added versions of foods and condiments when available.
- Buy fresh, plain frozen, or canned with “no-salt-added” vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Limit cured foods (such as bacon and ham), foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut), and condiments (such as MSG, mustard, horseradish, catsup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce—treat these condiments as you do table salt.
- Use spices instead of salt. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends. Start by cutting salt in half.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
- Rinse canned foods, such as tuna, to remove some sodium.

LABEL LANGUAGE

Food labels can help you choose items lower in sodium and saturated and total fat. Look for the following labels on cans, boxes, bottles, bags, and other packaging:

PHRASE	WHAT IT MEANS
Sodium	
Sodium free or salt free	Less than 5 mg per serving
Very low sodium	35 mg or less of sodium per serving
Low sodium	140 mg or less of sodium per serving
Low sodium meal	140 mg or less of sodium per 3 1/2 oz (100 g)
Reduced or less sodium	At least 25 percent less sodium than the regular version
Light in sodium	50 percent less sodium than the regular version
Unsalted or no salt added	No salt added to the product during processing
Fat	
Fat free	Less than 0.5 g per serving
Low saturated fat	1 g or less per serving
Lowfat	3 g or less per serving
Reduced fat	At least 25 percent less fat than the regular version
Light in fat	Half the fat compared to the regular version

seeing how DASH compares with your current food habits. Use the “What’s on Your Plate?” form. (See box 11 on page 12.) Fill it in for 1–2 days and see how it compares with the DASH plan. This will help you see what changes you need to make in your food choices.

Remember that some days the foods you eat may add up to more than the recommended servings from one food group and less from another. Similarly, you may have too much sodium on a particular day. Don’t worry. Just be sure that the average of several days or a week comes close to what’s recommended for the f for your chosen daily sodium level.

Finally, use the menus that begin on page 13—or make your own.

One important note: If you take medication to control high blood pressure, you should not stop using it. Follow the DASH eating plan, and talk with your doctor about your drug treatment.



It's easy to adopt the DASH eating plan. Here are some ways to get started:

Change gradually.

- If you now eat one or two vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit now or have only juice at breakfast, add a serving to your meals or have it as a snack.
- Gradually increase your use of fat free and lowfat dairy products to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol. Choose lowfat (1 percent) or fat free (skim) dairy products to reduce your intake of saturated fat, total fat, cholesterol, and calories.
- Read food labels on margarines and salad dressings to choose those lowest in saturated fat and trans fat. Some margarines are now trans-fat free.

Treat meat as one part of the whole meal, instead of the focus.

- Limit meat to 6 ounces a day (2 servings)—all that's needed. Three to four ounces is about the size of a deck of cards.
- If you now eat large portions of meat, cut them back gradually—by a half or a third at each meal.
- Include two or more vegetarian-style (meatless) meals each week.
- Increase servings of vegetables, rice, pasta, and dry beans in meals. Try casseroles and pasta, and stir-fry dishes, which have less meat and more vegetables, grains, and dry beans.

Use fruits or other foods low in saturated fat, cholesterol, and calories as desserts and snacks.

- Fruits and other lowfat foods offer great taste and variety. Use fruits canned in their own juice. Fresh fruits require little or no preparation. Dried fruits are a good choice to carry with you or to have ready in the car.
- Try these snack ideas: unsalted pretzels or nuts mixed with raisins; graham crackers; lowfat and fat free yogurt and frozen yogurt; popcorn with no salt or butter added; and raw vegetables.

Try these other tips:

- Choose whole grain foods to get added nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals.
- If you have trouble digesting dairy products, try taking lactase enzyme pills or drops (available at drugstores and groceries) with the dairy foods. Or, buy lactose-free milk or milk with lactase enzyme added to it.
- Use fresh, frozen, or no-salt-added canned vegetables.





A Week With the DASH Eating Plan

Here is a week of menus from the DASH eating plan. The menus allow you to have a daily sodium level of either 2,300 mg or, by making the noted changes, 1,500 mg. You'll also find that the menus sometimes call for you to use lower sodium, low-fat, fat-free or reduced fat, versions of products.

The menus are based on 2,000 calories a day—serving sizes should be increased or decreased for other calorie levels. To ease the calculations, some of the serving sizes have been rounded off. Also, some items may be in too small a quantity to have a listed food group serving.

Recipes for starred items are given on the later pages. Some of these recipes give changes that can be used to lower their sodium level. Use the changes if you want to follow the DASH eating plan at 1,500 milligrams of sodium per day.

DAY 1

Abbreviations: oz = ounce, tsp = teaspoon, Tbsp = tablespoon, g = gram, mg = milligram

2,300 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Milk Products	Meats, poultry, and fish	Nuts, seeds, and Legumes	Fats and oils	Sweets and added sugars
Breakfast											
3/4 cup bran flakes cereal	220	3/4 cup shredded wheat cereal	1	1							
1 slice whole wheat bread	149			1							
1 medium banana	1					1					
1/2 cup fruit yogurt, fat free, no sugar added	86						1/2				
1 cup low-fat milk	107						1				
1 tsp soft (tub) margarine	26	1 tsp soft (tub) margarine, unsalted	0						1		
Lunch											
3/4 cup chicken salad*	179	remove salt from recipe	120					1	1		
2 slices whole wheat bread	299			2							
1 Tbsp Dijon mustard	373	1 Tbsp regular mustard	175								
salad:											
1/2 cup tomato wedges	5				1						
1/2 cup fresh cucumber slices	1				1						
1 Tbsp sunflower seeds	0							1/2			
1 tsp Italian dressing, reduced calorie	43										
1/2 cup fruit cocktail, juice pack	5					1					
Dinner											
3 oz beef, eye of round	35							1			
2 Tbsp beef gravy, fat-free	165										
1 cup green beans, sauteed with:	12				2						
1/2 tsp canola oil	0								1/2		
1 small baked potato:	14				1						
1 Tbsp sour cream, fat free	21										
1 Tbsp grated cheddar cheese, natural, reduced fat	67	2 Tbsp cheddar cheese, natural, reduced fat, low sodium	1								
1 Tbsp chopped scallions	1										
1 small whole wheat roll	148			1							
1 tsp soft margarine	26	1 tsp soft (tub) margarine, unsalted	0						1		
1 small apple	1					1					
1 cup low-fat milk	107						1				
Snack											
1/3 cup almonds, unsalted	0								1		
1/4 cup raisins	4					1					
1 cup orange juice	5					2					
Totals	2,101		1,507	5	5	6	2 1/2	2	1 1/2	3 1/2	0

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Calories	2,062	2,037
Total fat	63 g	59 g
Calories from fat	28%	26%
Saturated fat	13 g	12 g
Calories from saturated fat	6%	5%
Cholesterol	155 mg	155 mg

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Sodium	2,101 mg	1,507 mg
Calcium	1,220 mg	1,218 mg
Magnesium	594 mg	580 mg
Potassium	4,909 mg	4,855 mg
Fiber	37 g	36 g

* Recipe on page 20.



DAY 2

2,300 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Milk products	Meats, poultry, and fish	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast											
1/2 cup instant oatmeal,	54	1/2 cup regular oatmeal, with 1 tsp cinnamon	3	1							
1 mini whole wheat bagel	84			1							
1 medium banana	1					1					
1 cup low-fat milk	107						1				
1 Tbsp peanut butter	81								1/2		
Lunch											
chicken breast sandwich:											
2 slices (3 oz) chicken breast, skinless	65							1			
2 slices whole wheat bread	299			2							
1 slice (3/4 oz) American cheese, reduced fat	202	1 slice (3/4 oz) Swiss cheese natural, low sodium	3				1/2				
1 large leaf romaine lettuce	1				1/4						
2 slices tomato	2				1/2						
1 Tbsp mayonnaise, lowfat	101									1	
1 cup cantaloupe	26					2					
1 cup apple juice	21					2					
Dinner											
3/4 cup vegetarian spaghetti sauce*	479	Substitute low sodium tomato paste (6 oz)*	253		1 1/2						
1 cup spaghetti	1			2							
3 Tbsp Parmesan cheese	287						1/2				
spinach salad:											
1 cup fresh spinach leaves	24				1						
1/4 cup fresh carrots, grated	19				1/2						
1/4 cup fresh mushrooms, sliced	1				1/2						
1 Tbsp vinaigrette dressing†	0									1/2	
1/2 cup corn, cooked from frozen	1				1						
1/2 cup canned pears, juice pack	5					1					
Snack											
1/3 cup almonds	0								1		
1/4 cup dried apricots	3					1					
1 cup fruit yogurt, fat free, no sugar added	173						1				
Totals	2,035		1,560	6	5 1/4	7	3	1	1 1/2	1 1/2	0

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Calories	2,027	2,078
Total fat	64 g	68 g
Calories from fat	28%	29%
Saturated fat	13 g	16 g
Calories from saturated fat	6%	7%
Cholesterol	114 mg	129 mg

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Sodium	2,035 mg	1,560 mg
Calcium	1,370 mg	1,334 mg
Magnesium	535 mg	542 mg
Potassium	4,715 mg	4,721 mg
Fiber	34 g	34 g

* Recipe on page 20.

† Recipe on page 21.



DAY 3

2,300 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Milk products	Meats, poultry, and fish	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast											
3/4 cup bran flakes cereal	220	2 cups puffed wheat cereal	1	1							
1 slice whole wheat bread	149			1							
1 medium banana	1					1					
1 cup milk, low-fat	107						1				
1 cup orange juice	6					2					
1 tsp soft margarine	26	1 tsp soft (tub) margarine, unsalted	0							1	
Lunch											
beef barbeque sandwich:											
2 oz beef, eye of round	26							2/3			
1 Tbsp barbeque sauce	156										
2 slices (1 1/2 oz) cheddar cheese, reduced fat	405	2 slices (1 1/2 oz) Swiss cheese, natural, low sodium	9				1				
1 hamburger bun	183			2							
1 large leaf romaine lettuce	1				1/4						
2 slices tomato	2				1/2						
1 cup new potato salad*	17				2						
1 medium orange	0					1					
Dinner											
3 oz cod:											
1 tsp lemon juice	70							1			
1/2 cup brown rice, long grain	1										
1/2 cup brown rice, long grain	5			1							
1 cup spinach, sauteed with:	184				2						
1 tsp canola oil	0									1	
1 Tbsp almonds, slivered	0								1/4		
1 small corn bread muffin made with oil	119			1							
1 tsp soft margarine	26	1 tsp soft (tub) margarine, unsalted	0							1	
Snack											
1 cup fruit yogurt, fat free, no added sugar	173						1				
1 Tbsp Sunflower seeds, unsalted	0								1/2		
2 large graham cracker rectangles	156			1							
1 Tbsp peanut butter, reduced fat	81								1/2		
Totals	2,114		1,447	7	4 3/4	4	3	1 2/3	1 1/4	3	0

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Calories	1,997	1,955
Total fat	56 g	52 g
Calories from fat	25%	24%
Saturated fat	12 g	11 g
Calories from saturated fat	6%	5%
Cholesterol	140 mg	140 mg

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Sodium	2,114 mg	1,447 mg
Calcium	1,537 mg	1,524 mg
Magnesium	630 mg	598 mg
Potassium	4,676 mg	4,580 mg
Fiber	34 g	31 g

* Recipe on page 21.

DAY 4



2,300 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Milk products	Meats, poultry, and fish	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast											
1 slice whole wheat bread	149			1							
1 tsp soft (tub) margarine	26	1 tsp soft (tub) margarine, unsalted	0								
1 cup fruit yogurt, fat free, no added sugar	173						1				
1 medium peach	0					1					
1/2 cup grape juice	4					1					
1 cup low-fat milk	107						1				
Lunch											
ham and cheese sandwich:											
2 oz smoked ham, lowfat, low sodium	549	2 oz roast beef, tenderlion	23					2/3			
1 slice (3/4 oz) cheddar cheese, natural, reduced fat	202	1 slice (3/4 oz) cheddar cheese natural, reduced fat, low sodium	4				1/2				
2 slices whole wheat bread	299			2							
1 large leaf romaine lettuce	1				1/4						
2 slices tomato	2				1/2						
1 Tbsp mayonnaise, lowfat	101								1		
1 cup carrot sticks	84				2						
Dinner											
chicken and Spanish rice*	341	substitute no-salt-added tomato sauce (4 oz)*	215	1				1			
1 cup green peas, sauteed with:	115				2						
1 tsp canola oil	0								1		
1 cup cantaloupe chunks	26					2					
1 cup low-fat milk	107						1				
Snack											
1/3 cup almonds, unsalted	0								1		
1/4 cup apricots	3					1					
1 cup apple juice	21					1 1/3					
Totals	2,312		1,436	4	4 3/4	7	3 1/2	1 2/3	1	3	0

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Calories	2,024	2,045
Total fat	59 g	59 g
Calories from fat	26%	26%
Saturated fat	12 g	12 g
Calories from saturated fat	5%	5%
Cholesterol	148 mg	150 mg

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Sodium	2,312 mg	1,436 mg
Calcium	1,417 mg	1,415 mg
Magnesium	538 mg	541 mg
Potassium	4,575 mg	4,559 mg
Fiber	35 g	35 g

* Recipe on page 21.

DAY 5



2,300 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Milk products	Meats, poultry, and fish	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast											
3/4 cup whole oat rings cereal	273	1 cup frosted shredded wheat	4	1							
1 medium raisin bagel	272			2							
1 medium banana	1					1					
1 cup milk, low-fat	107						1				
1 cup orange juice	5					2					
1 Tbsp peanut butter	81	1 Tbsp peanut butter, unsalted	3						1/2		
Lunch											
salad plate:											
1/2 cup tuna salad*	171							1			
1 large leaf romaine lettuce	1				1/4						
1 slice whole wheat bread	149	6 wheat crackers, fat free, unsalted	53	1							
1/2 cup cottage cheese, low-fat	459						1/4				
1/2 cup canned pineapple, juice pack	1					1					
1 Tbsp almonds	0								1/4		
2 Tbsp vinaigrette dressing	133	2 Tbsp yogurt dressing, fat free*	66								
1 cup fresh cucumber slices	2				2						
1/2 cup tomato wedges	5				1						
Dinner											
3 oz turkey meatloaf*	205	Substitute low sodium catsup	77					1			
1 small whole wheat roll	148	6 melba toast cracks, unsalted	1	1							
1 small baked potato:	14				1						
1 tsp canola oil	0								1		
1 Tbsp sour cream, lowfat	21										
1 scallion stalk, chopped	1										
1 Tbsp cheddar cheese, natural reduced fat, grated	67	1 Tbsp cheddar cheese, natural reduced fat, low sodium, grated	1								
1 Tbsp cheddar cheese, natural reduced fat, grated	67	1 Tbsp cheddar cheese, natural reduced fat, low sodium, grated	1								
1 cup collard greens, cooked from frozen	85				2						
1 medium peach	0					1					
Snack											
2 Tbsp sunflower seeds	0								1		
1 cup fruit yogurt, fat free, no added sugar	173						1				
Totals	2,373		1,519	5	6¹/₄	5	2¹/₄	2	1³/₄	2	0

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Calories	1,976	2,100
Total fat	57 g	52 g
Percent calories from fat	26%	19%
Saturated fat	11 g	11 g
Percent calories from saturated fat	5%	5%
Cholesterol	158 mg	158 mg

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Sodium	2,373 mg	1,579 mg
Calcium	1,470 mg	1,412 mg
Magnesium	495 mg	491 mg
Potassium	4,769 mg	4,903 mg
Fiber	30 g	31 g

* Recipe on page 22.

DAY 6

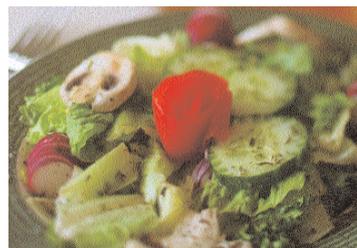


2,300 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Milk products	Meats, poultry, and fish	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast											
1 lowfat granola bar	81			1							
1 medium banana	1					1					
1/2 cup fruit yogurt, fat free, no sugar added	86						1/2				
1 cup orange juice	5					2					
1 cup milk, low fat	107						1				
Lunch											
turkey breast sandwich:											
3 oz turkey breast	48							1			
2 slices whole wheat bread	299			2							
1 large leaf romaine lettuce	1				1/4						
2 slices tomato	2				1/2						
2 tsp mayonnaise, lowfat	67								2/3		
1 Tbsp Dijon mustard	373	1 Tbsp regular mustard	175								
1 cup broccoli steamed from frozen	11				2						
1 medium orange	0					1					
Dinner											
3 oz spicy baked fish*	50							1			
1 cup scallion rice†	18			2							
1/2 cup spinach, cooked from frozen, sauteed with:	92				1						
2 tsp canola oil	0								2		
1 Tbsp almonds, slivered	0							1/4			
1 cup carrots, cooked from frozen	84				2						
1 small whole wheat roll	148			1							
1 tsp soft margarine	26								1		
1 small cookie	60									1	
Snack											
2 Tbsp peanuts, unsalted	1								1/2		
1 cup milk, low fat	107						1				
1/4 cup dried apricots	3					1					
Totals	1,671		1,472	6	5³/₄	5	2¹/₂	2	3/₄	3²/₃	1

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Calories	1,939	1,935
Total fat	58 g	57 g
Percent calories from fat	27%	27%
Saturated fat	12 g	12 g
Percent calories from saturated fat	6%	6%
Cholesterol	171 mg	171 mg

Nutrients Per Day	SODIUM LEVEL	
	2,300 mg	1,500 mg
Sodium	1,671 mg	1,472 mg
Calcium	1,210 mg	1,214 mg
Magnesium	548 mg	545 mg
Potassium	4,710 mg	4,710 mg
Fiber	36 g	36 g

* Recipe on page 22.
† Recipe on page 23.



DAY 7

2,300 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Milk products	Meats, poultry, and fish	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast											
1 cup whole grain oat rings cereal	273	1/2 cup regular oatmeal with 1 tsp cinnamon	5	1							
1 medium banana	1					1					
1 cup fruit yogurt, fat free, no sugar added	173						1				
1 cup milk, low fat	107						1				
Lunch											
tuna salad sandwich:											
1/2 cup tuna, drained, rinsed	39							1			
1 Tbsp mayonnaise, lowfat	101									1	
1 large leaf romaine lettuce	1				1/4						
2 slices tomato	2				1/2						
2 slices whole wheat bread	299			2							
1 medium apple	1					1					
1 cup milk, low fat	107						1				
Dinner											
1/6 recipe zucchini lasagna*	368	substitute unsalted cottage cheese in recipe*	165	3	1		1				
salad:											
1 cup fresh spinach leaves	24				1						
1 cup tomatoes wedges	9				2						
2 Tbsp croutons, seasoned	62			1/4							
1 Tbsp sunflower seeds	0								1/2		
2 Tbsp vinaigrette dressing, reduced fat	133	1 Tbsp vinaigrette dressing† from recipe	1							1/2	
1 small whole wheat roll	148			1							
1 cup grape juice	8					2					
1 tsp soft margarine	45	1 tsp soft (tub) margarine, unsalted	0							1	
Snack											
1/3 cup almonds, unsalted	0								1		
1/3 cup dry apricots	3						1				
6 whole wheat crackers	166			1							
Totals	2,069		1,421	8 1/4	4 3/4	5	4	1	1 1/2	2 1/2	0

	SODIUM LEVEL	
Nutrients Per Day	2,300 mg	1,500 mg
Calories	1,993	1,988
Total fat	64 g	60 g
Percent calories from fat	29%	27%
Saturated fat	13 g	13 g
Percent calories from saturated fat	6%	6%
Cholesterol	71 mg	72 mg

	SODIUM LEVEL	
Nutrients Per Day	2,300 mg	1,500 mg
Sodium	2,069 mg	1,421 mg
Calcium	1,616 mg	1,447 mg
Magnesium	537 mg	553 mg
Potassium	4,693 mg	4,695 mg
Fiber	32 g	33 g

* Recipe on page 23
 † Recipe on page 21

Recipes for Heart Health

Here are some recipes to help you cook up a week of tasty, heart healthy meals. If you're following the DASH eating plan at 1,500 milligrams of sodium per day or just want to reduce your sodium intake, use the suggested recipe changes.

DAY 1 Chicken Salad

3 ¹ / ₄	cups	chicken, cooked, cubed, skinless
1 ¹ / ₄	cups	celery, chopped
1	Tbsp	lemon juice
1 ¹ / ₂	tsp	onion powder
1 ¹ / ₈	tsp	salt
3	Tbsp	mayonnaise, lowfat

Makes 5 servings.

Serving size: 3/4 cup

Per Serving:

Calories	183	Sodium	201 mg
Total fat	7 g	Calcium	17 mg
Saturated fat	2 g	Magnesium	25 mg
Cholesterol	78 mg	Potassium	240 mg
Fiber	0 g		

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl, combine all ingredients with chilled chicken and mix well.

To reduce sodium:

Do not add salt. New sodium total = 127 mg.



DAYS 1 and 5

Yogurt Salad Dressing

8	oz	plain yogurt, fat free
1 ¹ / ₄	cup	mayonnaise, fat free
2	Tbsp	chives, dried
2	Tbsp	dill, dried
2	Tbsp	lemon juice

Makes 8 servings.

Serving size: 2 Tbsp

Per Serving:

Calories	23	Sodium	84 mg
Total fat	0 g	Calcium	72 mg
Saturated fat	0 g	Magnesium	10 mg
Cholesterol	1 mg	Potassium	104 mg
Fiber	0 g		

Mix all ingredients in bowl and refrigerate.

DAY 2 Vegetarian Spaghetti Sauce

2	Tbsp	olive oil
2	small	onions, chopped
3	cloves	garlic, chopped
1 ¹ / ₄	cups	zucchini, sliced
1	Tbsp	oregano, dried
1	Tbsp	basil, dried
1	8-oz can	tomato sauce
1	6-oz can	tomato paste
2	medium	tomatoes, chopped
1	cup	water

Makes 6 servings.

Serving size: 3/4 cup

Per Serving:

Calories	102	Sodium	459 mg
Total fat	5 g	Calcium	42 mg
Saturated fat	1 g	Magnesium	37 mg
Cholesterol	0 mg	Potassium	623 mg
Fiber	5 g		

To reduce sodium:

Use a 6-oz can of no-salt-added tomato paste. New sodium total = 260 mg.

1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.





DAY 2 Vinaigrette Salad Dressing

1	bulb	garlic, separated and peeled
1/2	cup	water
1	Tbsp	red wine vinegar
1/4	tsp	honey
1	Tbsp	virgin olive oil
1/4	tsp	black pepper

Makes 4 servings.

Serving size: 2 Tbsp

Per Serving:

Calories	33	Sodium	0 mg
Total fat	3 g	Calcium	2 mg
Saturated fat	1 g	Magnesium	1 mg
Cholesterol	0 mg	Potassium	9 mg
Fiber	0 g		

1. Place the garlic cloves into a small saucepan and pour enough water (about 1/2 cup) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Increase the heat for 3 minutes, and reduce the liquid to 2 Tbsp.
4. Pour the contents into a small sieve over a bowl and, with a wooden spoon, mash the garlic through the sieve.
5. Whisk the vinegar and honey into the garlic mixture; mix in the oil and seasoning.

DAY 3 New Potato Salad

16	small	new potatoes (5 cups)
2	Tbsp	olive oil
1/4	cup	green onions, chopped
1/4	tsp	black pepper
1	tsp	dill weed, dried

Makes 5 servings.

Serving size: 1 cup

Per Serving:

Calories	187	Sodium	12 mg
Total fat	6 g	Calcium	21 mg
Saturated fat	1 g	Magnesium	36 mg
Cholesterol	0 mg	Potassium	547 mg
Fiber	3 g		

1. Thoroughly clean the potatoes with a vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into quarters and mix with olive oil, onions, and spices.
5. Refrigerate and serve.



DAY 4 Chicken and Spanish Rice

1	cup	onions, chopped
1/4	cup	green peppers
2	tsp	vegetable oil
1	8-oz can	tomato sauce
1	tsp	parsley, chopped
1/2	tsp	black pepper
1 1/4	tsp	garlic, minced
5	cup	cooked rice (in unsalted water)
3 1/2	cups	chicken breast, cooked (skin and bone removed), diced

Makes 5 servings.

Serving size: 1 1/2 cups

Per Serving:

Calories	406	Sodium	367 mg
Total fat	6 g	Calcium	45 mg
Saturated fat	2 g	Magnesium	57 mg
Cholesterol	75 mg	Potassium	527 mg
Fiber	2 g		

To reduce sodium:

Use one 4-oz can of no-salt-added tomato sauce and one 4-oz can of regular tomato sauce. New sodium total = 226 mg.

1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken, and heat through.

DAY 5 Tuna Salad

5

2	6-oz can	tuna, packed in water
1/2	cup	raw celery, chopped
1/3	cup	green onions, chopped
6 1/2	Tbsp	mayonnaise, reduced fat

Makes 5 servings.

Serving size: 1/2 cup

Per Serving:

Calories	146	Sodium	158 mg
Total fat	7 g	Calcium	15 mg
Saturated fat	0 g	Magnesium	19 mg
Cholesterol	25 mg	Potassium	201 mg
Fiber	1 g		

1. Rinse and drain tuna for 5 minutes. Break apart with a fork.
2. Add celery, onion, and mayonnaise, and mix well.

**DAY 5** Turkey Meatloaf

5

1	pound	ground turkey, lean
1/2	cup	oats, regular, dry
1	large	egg, whole
1	Tbsp	onion, dehydrated
1/4	cup	catsup

Makes 5 servings.

Serving size: 1 slice (3 oz)

Per Serving:

Calories	196	Sodium	217 mg
Total fat	7 g	Calcium	33 mg
Saturated fat	2 g	Magnesium	35 mg
Cholesterol	103 mg	Potassium	292 mg
Fiber	1 g		

1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350°F for 25 minutes or to internal temperature of 165°F.
3. Cut into five slices and serve.

**DAY 6** Spicy Baked Fish

6

1	pound	cod (or other fish) fillet
1	Tbsp	olive oil
1	tsp	spicy seasoning, salt free

Makes 4 servings.

Serving size: 1 piece (3 oz)

Per Serving:

Calories	133	Sodium	119 mg
Total fat	1 g	Calcium	20 mg
Saturated fat	0 g	Magnesium	67 mg
Cholesterol	77 mg	Potassium	394 mg
Fiber	0 g		

1. Preheat oven to 350°F. Spray a casserole dish with cooking oil spray.
2. Wash and dry fish. Place in dish. Mix oil and seasoning, and drizzle over fish.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice.

6

DAY 6 Scallion Rice

4 ¹ / ₂ cups	cooked rice (in unsalted water)
1 ¹ / ₂ tsp	bouillon granules, unsalted
1/4 cup	scallions (green onions), chopped

Makes 5 servings.

Serving size: 1 cup

1. Cook rice according to directions on the package.
2. Combine the cooked rice, scallions, and bouillon granules, and mix well.
3. Measure 1 cup portions and serve.

Per Serving:

Calories	185	Sodium	3 mg
Total fat	1 g	Calcium	24 mg
Saturated fat	0 g	Magnesium	20 mg
Cholesterol	0 mg	Potassium	80 mg
Fiber	1 g		



DAY 7 Zucchini Lasagna

1/2 pound	cooked lasagna noodles (in unsalted water)
3/4 cup	mozzarella cheese, part-skim, grated
1 ¹ / ₂ cups	cottage cheese, fat free
1/4 cup	Parmesan cheese, grated
1 ¹ / ₂ cups	zucchini, raw, sliced
2 ¹ / ₂ cups	tomato sauce, no salt added
2 tsp	basil, dried
2 tsp	oregano, dried
1/4 cup	onion, chopped
1 clove	garlic
1/8 tsp	black pepper

Makes 6 servings.

Serving size: 1 piece

Per Serving:

Calories	276	Sodium	380 mg
Total fat	5 g	Calcium	216 mg
Saturated fat	2 g	Magnesium	55 mg
Cholesterol	11 mg	Potassium	561 mg
Fiber	5 g		

1. Preheat oven to 350 °F. Lightly spray a 9 x 13 inch baking dish with vegetable oil spray.
2. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
5. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

To reduce sodium:

Use unsalted cottage cheese.
New sodium total = 196 mg.



MAKING THE DASH TO GOOD HEALTH

The DASH plan is a new way of eating—for a lifetime. If you slip from the eating plan for a few days, don't let it keep you from reaching your health goals. Get back on track. Here's how:

- **Ask yourself why you got off the track.**
Was it at a party? Were you feeling stress at home or work? Find out what triggered your sidetrack—and start again with the DASH plan.
- **Don't worry about a slip.**
Everyone slips—especially when learning something new. Remember that changing your lifestyle is a long-term process.
- **See if you tried to do too much at once.**
Often, those starting a new lifestyle try to change too much at once. Instead, change one or two things at a time. Slowly but surely is the best way to succeed.
- **Break the process down into small steps.**
This not only keeps you from trying to do too much at once, but also keeps the changes simpler. Break complex goals into smaller, simpler steps, each of which is attainable.
- **Write it down.**
Use the table on page 12 to keep track of what you eat. This can help you find the problem. Besides noting what you eat, also record: where you are, what you're doing, and how you feel. Keep track for several days. You may find, for instance, that you eat high fat foods while watching television. If so, you could start keeping a substitute snack on hand to eat instead of the high fat foods. This record also helps you be sure you're getting enough of each food group.
- **Celebrate success.**
Treat yourself to a nonfood treat for your accomplishments.



Want To Learn More?

Bulk copies of *Facts About the DASH Eating Plan* fact sheet are available at a minimal cost from the NHLBI Health Information Center.

For More Information

The NHLBI Health Information Center is a service of the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health. The NHLBI Health Information Center provides information to health professionals, patients, and the public about the treatment, diagnosis, and prevention of heart, lung, and blood diseases. For more information, contact:

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Web site: <http://www.nhlbi.nih.gov>

For more information about hypertension, visit the NHLBI's online guide to lowering high blood pressure. It can be found through the NHLBI Web site at <http://www.nhlbi.nih.gov>—look for special Web pages. You can order "Your Guide to Lowering Blood Pressure" from the NHLBI Web site. Or, order it from the NHLBI Health Information Center—ask for NIH Publication No. 03-5232.

The NHLBI Web site has information on other heart-related topics too. Or, to obtain information on other topics, write to the NHLBI Health Information Center.

To hear recorded messages about high blood pressure prevention and treatment, call toll-free 1-800-575-WELL (9355). The information line also has messages on high blood cholesterol. The messages are available in English and Spanish.

Menus and recipes were analyzed using the Minnesota Nutrition Data System software—Food Data Base version 4.02_30; Nutrient Data Base version 4.02_30—developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, MN.



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