

Here is an example of a typical diet which can be used in the DASH Diet.



Food	Amount	Servings Provided
Breakfast orange juice 1% low fat milk corn flakes (with 1 tsp sugar) banana whole wheat bread (with 1 Tbsp jelly) soft margarine	6 oz 8 oz (1 C) 1 C 1 medium 1 slice 1 tsp	1 fruit 1 dairy 2 grains 1 fruit 1 grain 1 fat
Lunch chicken salad pita bread raw vegetable medley: carrot & celery sticks radishes loose-leaf lettuce part skim mozzarella cheese 1% low fat milk fruit cocktail in light syrup	3/4 C 1/2, large 3-4 sticks each 2 2 leaves 1.5 slice (1.5 oz) 8 oz (1 C) 1/2 C	1 poultry 1 grain 1 vegetable 1 dairy 1 dairy 1 fruit
Dinner herbed baked cod scallion rice steamed broccoli stewed tomatoes spinach salad: raw spinach cherry tomatoes cucumber light Italian salad dressing whole wheat dinner roll soft margarine melon balls	3 oz 1 C 1/2 C 1/2 C 1/2 C 2 2 slices 1 Tbsp 1 small 1 tsp 1/2 C	1 fish 2 grains 1 vegetable 1 vegetable 1 vegetable 1/2 fat 1 grain 1fat 1 fruit
Snacks dried apricots mini-pretzels mixed nuts diet ginger ale	1 oz (1/4 C) 1 oz (3/4 C) 1.5 oz (1/3 C) 12 oz	1 fruit 1 grain 1 nuts 0

D A S H DIETARY APPROACHES TO STOP HYPERTENSION



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The DASH Diet

This eating plan is from the "Dietary Approaches to Stop Hypertension" (DASH) clinical study. The research was funded by the National Heart, Lung, and Blood Institute (NHLBI), with additional support by the National Center for Research Resources and the Office of Research on Minority Health, all units of the National Institutes of Health. DASH's final results appear in the April 17, 1997, issue of The New England Journal of Medicine. The results show that the DASH "combination diet" lowered blood pressure and, so, may help prevent and control high blood pressure.

The "combination diet" is rich in fruits, vegetables, and low fat dairy foods, and low in saturated and total fat. It also is low in cholesterol, high in dietary fiber, potassium, calcium, and magnesium, and moderately high in protein.

The DASH eating plan shown below is based on 2,000 calories a day. Depending on your caloric needs, your number of daily servings in a food group may vary from those listed.



Food Group	Daily Servings	Serving Sizes	Examples and Notes	Significance to the DASH Diet Pattern
Grains & grain products	7-8	<ul style="list-style-type: none"> 1 slice bread 1/2 C dry cereal 1/2 C cooked rice, pasta, or cereal 	whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal	major sources of energy and fiber
Vegetables	4-5	<ul style="list-style-type: none"> 1 C raw leafy vegetable 1/2 C cooked vegetable 6 oz vegetable juice 	tomatoes, potatoes, carrots, peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, sweet potatoes, beans	rich sources of potassium, magnesium, and fiber
Fruits	4-5	<ul style="list-style-type: none"> 6 oz fruit juice 1 medium fruit 1/4 C dried fruit 1/2 C fresh, frozen, or canned fruit 	apricots, bananas, dates, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	important sources of potassium, magnesium, and fiber
Low fat or nonfat dairy foods	2-3	<ul style="list-style-type: none"> 8 oz milk 1 C yogurt 1.5 oz cheese 	skim or 1% milk, skim or low fat buttermilk, nonfat or lowfat yogurt, part skim mozzarella cheese, nonfat cheese	major sources of calcium and protein
Meats, poultry, and fish	2 or less	<ul style="list-style-type: none"> 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 legumes	4-5 per week	<ul style="list-style-type: none"> 1.5 oz or 1/3 C nuts 1/2 oz or 2 Tbsp seeds 1/2 C cooked legumes 	almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils	rich sources of energy, magnesium, potassium, protein, and fiber