







# The **DASH** eating plan



Did you know that you can actually lower your blood pressure by following a specific healthy eating plan? It's true. The eating plan is called the **Dietary Approaches to Stop Hypertension** or the **DASH** eating plan.

## The DASH eating plan:

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|  <b>LOW IN</b><br>saturated fat<br>cholesterol<br>total fat  |  <b>HIGH IN</b><br>fruits<br>vegetables<br>low-fat dairy foods |  <b>PROVEN</b><br><i>A combination of the DASH eating plan and low sodium (salt) intake is most effective in lowering or even preventing high blood pressure.</i><br><br><b>Talk to your doctor to learn more</b> |
|  <b>INCLUDES</b><br>whole grains<br>fish<br>poultry<br>nuts |  <b>LIMITS</b><br>red meat<br>sweets<br>sugary beverages      |  |

## Additional information and sample recipes:

Visit the National Institutes of Health (NIH) at:  
[nhlbi.nih.gov/files/docs/public/heart/new\\_dash.pdf](http://nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf)

Get a free copy of *Your Guide to Lowering Blood Pressure with DASH*.

This booklet includes a week of sample recipes and additional information on weight loss and physical activity. It's highly reviewed!