

Lowering Your Blood Pressure with Healthy Foods!

Choose MORE of These!

examples below

Whole Grains:

- Whole grain bread, cereal, pasta, etc.
- Oatmeal
- Brown or wild rice
- Corn



Fruits (fresh, frozen, or unsweetened dried):

- Oranges, apples, dates, bananas, raisins, prunes, apricots, mango, melons, peaches



Vegetables (fresh or frozen):

- Tomatoes, broccoli, bell pepper, zucchini, spinach, cauliflower, greens, mushrooms, sweet potatoes, squash, Brussels sprouts, cabbage, string beans, plantains, potatoes



Nonfat or low fat milk or milk products:

- Nonfat or low fat (1%) milk or yogurt
- Low fat cheese with no salt added
- Unsweetened milk alternatives (soy, almond, etc.)



Nuts, Seeds, and Beans (plant proteins)

- Unsalted peanuts, almonds, walnut, pistachios, cashews
- Unsalted sunflower seeds, pumpkin seeds, flax seeds, chia seeds
- Beans/peas: Pinto beans, split peas, black beans, lentils chickpeas



Choose SOME of These!

Good sources of protein (6 oz. or less per day):

- Fish
- Chicken or turkey (no skin)
- Eggs or egg whites
- Baked or roasted beef and pork



Healthy fats (use in small amounts):

- Olive Oil or Canola Oil
- Soft (tub) margarine from canola or corn oil
- Avocado



Choose Fewer of These!

High salt foods: bacon, sausage, ham, canned foods, frozen dinners, processed cheese, lunch meats

Did you know? *More than 75% of the sodium we eat comes from processed, prepackaged, and restaurant foods!*

High salt seasonings: salt, soy sauce, teriyaki sauce, fish sauce, oyster sauce, BBQ sauce, bouillon, lemon pepper

Alcohol: no more than 1-2 drinks (12oz beer or 5oz wine) in a day

Desserts, sweets, sweetened drinks:

- Candy, pie, cookies, cake, ice cream, pastries
- Soda, juice, sweet tea, sports drinks, lemonade

Fried food:

- Chips, donuts, pork rinds, instant noodle soup

The more vegetables, fruits, and whole grains you eat, the healthier your ♥ will be.

If you have trouble getting healthy food, ask your clinic nurse or provider.

3e) DASH Diet Handout (*continued*)

Lowering Your Blood Pressure with Healthy Foods: How Much?

Whole Grains: 6 servings per day

- **What's a serving**
 - 1 slice wheat bread; ½ cup cooked whole grain rice, pasta, corn, quinoa, or cereal; 1 ounce dry cereal (varies ½ - 1 cup), 3 cups popcorn, 1 small (about 6-inch) tortilla
- **Your portion may be more than one "serving"**
 - 1 cup of brown rice is 2 servings
 - 1 large (12-inch) tortilla is about 4 servings
 - 1 large bagel is about 4 servings

Fruits: 4 servings per day

- **What's a serving**
 - 1 medium fruit; ¼ cup dried fruit; ½ cup fresh, frozen, or canned fruit
- **Your portion may be more than one "serving"**
 - 1 large (12-inch) banana is about 2 servings

Vegetables: 4-5 servings per day

- **What's a serving**
 - 1 cup raw leafy vegetables; ½ cup raw or cooked vegetables
- **Your portion may be more than one "serving"**
 - An entrée-size green salad is 2-3 servings

Nonfat /low fat milk products: 2-3 servings/day

- **What's a serving**
 - 1 cup milk or yogurt
 - 1 ½ ounces of low fat cheese
- **Your portion may not be one "serving"**
 - Some individual yogurt cups are ¾ cup
 - A slice of cheese is usually about 1 ounce

Nuts, Seeds, and Beans: up to 1 serving/day average

- **What's a serving**
 - 1/3 cup nuts
 - 2 Tbsp. peanut butter/nut butter
 - 2 Tbsp. seeds
 - ½ cup cooked legumes (beans, lentils, peas)

Healthy Fats: 2-3 servings/day

- **What's a serving**
 - 1 tsp oil (olive, canola, sunflower, soy, etc.)
 - 1 tsp tub margarine or regular mayo
 - 1 Tbsp. light mayonnaise
 - 2 Tbsp. salad dressing