

# DASH DIET

[http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/dash\\_brief.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/dash_brief.pdf)

## Salt or Sodium

Along with the DASH eating plan, a sodium intake of 1,500 milligrams per day provides the biggest blood pressure reductions. Begin by adopting an intermediate intake of 2,400 milligrams of sodium per day and then gradually lower your sodium intake to 1,500 milligrams per day.

1,500 milligrams = 2/3 teaspoon of table salt  
2,400 milligrams = 1 teaspoon of table salt

These amounts include all salt consumed, including salt in food products, salt used in cooking, and salt added at the table. Processed foods account for most of the sodium Americans consume. Because the DASH eating plan is rich in fruits and vegetables, which are naturally lower in sodium than many other foods, it's easier to consume less salt and sodium.



FOOD GROUP	SERVINGS/DAY	
	1600 CAL	2000 CAL
Grains/Grain Products	6	7-8
Vegetable	3-4	4-5
Fruits	4	4-5
Low Fat/Fat Free Dairy	2-3	2-3
Meats/Poultry/Fish	1-2	2 or less
Nuts/Seeds/Dry Beans	3/wk	4-5/wk
Fats/Oils	2	2-3
Sweets	2/wk	3/wk

## Daily Nutrient Goals Used in the DASH Studies (for a 2,100 Calorie Eating Plan)

<b>Total fat</b>	27% of calories	<b>Sodium</b>	2,300 mg*
<b>Saturated fat</b>	6% of calories	<b>Potassium</b>	4,700 mg
<b>Protein</b>	18% of calories	<b>Calcium</b>	1,250 mg
<b>Carbohydrate</b>	55% of calories	<b>Magnesium</b>	500 mg
<b>Cholesterol</b>	150 mg	<b>Fiber</b>	30 g

\* 1,500 mg sodium was a lower goal tested and found to be even better for lowering blood pressure. It was particularly effective for middle-aged and older individuals, African Americans, and those who already had high blood pressure.  
g – grams; mg – milligrams

## Grains and Grain Products

### Serving Sizes

1 slice bread 1 oz dry cereal 1/2 cup cooked rice, pasta, or cereal  
1/2 small bagel

### Example

Whole wheat bread, English muffins, pita bread, bagels, cereal, grits, oatmeal, crackers, unsalted pretzels, popcorn  
Major sources of energy & fiber

## Vegetables

### Serving Sizes

1 cup raw leafy vegetables (about the size of a baseball)  
1/2 cup raw or cooked vegetables  
4 oz vegetable juice

### Examples

Tomatoes, potatoes, carrots, green peas, squash, broccoli, artichokes, green beans, sweet potatoes, bell peppers  
Rich source magnesium, fiber

## Meats, Poultry, and Fish

### Serving Sizes

3 oz cooked meats, poultry, or fish

### Examples and tips

Select only lean cuts; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry  
Rich sources of protein and

# Tips To Reduce Salt and Sodium

- Choose low- or reduced-sodium, or no-salt-added versions of foods and condiments when available.
- Choose fresh, frozen, or canned (low-sodium or 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 mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce. Treat these condiments sparingly as you do table salt.
- 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 and canned beans, to remove some of the sodium.
- 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.

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# Reducing Salt and Sodium When Eating Out

- Ask how foods are prepared. Ask that they be prepared without added salt, MSG, or salt-containing ingredients. Most restaurants are willing to accommodate requests.
- Know the terms that indicate high sodium content: pickled, cured, smoked, soy sauce, broth.
- Move the salt shaker away.
- Limit condiments, such as mustard, ketchup, pickles, and sauces with salt-containing ingredients.
- Choose fruit or vegetables, instead of salty snack foods.

## Nuts, Seeds, and Dry Beans

### Serving Sizes

1/3 cup or 1 1/2 oz nuts

2 Tbsp or 1/2 oz seeds

1/2 cup cooked dry beans or peas

### Examples

Almonds, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils

Rich sources of energy, magnesium, potassium, protein, and fiber

## Lowfat or Fat Free Dairy Foods

### Serving Sizes

8 oz milk

1 cup yogurt 1 1/2 oz cheese

### Examples

Fat free (skim) or lowfat (1%) milk, fat free or lowfat buttermilk, fat free or lowfat regular or frozen yogurt, fat free or lowfat cheese

Major sources of calcium and protein

## Fruits

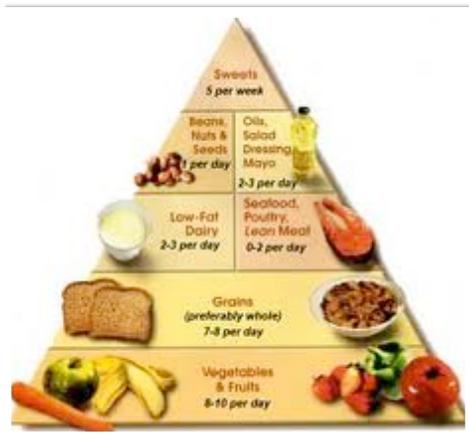
### Serving Sizes

4 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



## Sweets

### Serving Sizes

1 Tbsp sugar

1 Tbsp jelly

1/2 oz jelly beans 8 oz

lemonade

Sweets should be low in fat

### Examples\*

Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet, ices

## Fats and Oils

### Serving Sizes

1Tbsp lowfat mayonnaise

2 Tbsp light salad dressing

1 tsp soft margarine

DASH has 27 percent of calories as fat, including fat found in or added to food

\*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.