

YOUR QUICK DASH GUIDE



DASH (Dietary Approaches to Stop Hypertension)

A science-backed, flexible, and balanced eating plan that's great for heart health.

***Full-fat dairy,** as part of the DASH diet, has had the same blood pressure-lowering results as low-fat dairy.¹ You can feel good knowing that all cow's milk, regardless of fat level, contains the same 13 essential nutrients² and can be enjoyed as a nutritious part of a heart-healthy diet.



Dairy

3 servings daily

Fat-free or low-fat*
Milk
Yogurt
Cheese



Fruits

4-5 servings daily

Fresh
Frozen
Dried
Canned (in fruit juice; no added sugar)



Vegetables

4-5 servings daily

Fresh
Frozen
Pickled
Canned (low sodium / no salt added)



Grains

6-8 servings daily

Choose whole grains instead of processed, refined grains



Protein

Up to 6 oz. daily

Lean Meat
Fish
Poultry



Nuts, seeds and legumes

4 or more servings per week



Oils

Use sparingly



One of the best healthy eating plans for people of all ages.

**Recommendations based on a 2,000-calorie diet



Find helpful DASH resources at dairydiscoveryzone.com/heart-health

1. Chiu S et al. Comparison of the DASH (Dietary Approaches to Stop Hypertension) diet and a higher-fat DASH diet on blood pressure and lipids and lipoproteins: a randomized controlled trial. *Am J Clin Nutr*, 2016; 103:341-347
2. *13 essential nutrients based on the 2019 DRI for potassium developed by NASEM.

DASH to a Healthy Lifestyle

Follow these six DASH diet tips for a healthier heart:

1

Choose Natural Foods

– such as dairy, fruits, vegetables, whole grains, lean proteins, and nuts
– these whole foods create a nutrient synergy that helps lower blood pressure

2

Eat a Variety of Foods at Every Meal

Dairy foods boost protein intake & help quench hunger

- Drink milk with meals
- Make your coffee a latte by adding 6-8 oz. steamed milk

3

Remake Your Family's Plate

- Build your weekly shopping list based on 5-6 pre-planned entrees
- Shop smart by reading labels and focusing on the produce and dairy aisles
- Season with herbs, spices, onion and garlic instead of extra salt

4

Simple Strategies

Eat more dairy:

- Use plain yogurt as a marinade and instead of mayonnaise in recipes
- Make overnight oats with milk
- Top salad with grated cheese

Eat more fruit:

- Mash ripe bananas in oatmeal
- Add dried fruit to salads
- Enjoy a parfait: top yogurt with fruit

Eat more veggies:

- Add veggies to sandwiches, tacos, and burgers
- Add veggies to scrambled eggs and skillet meals
- Eat dip with raw veggies instead of crackers

5

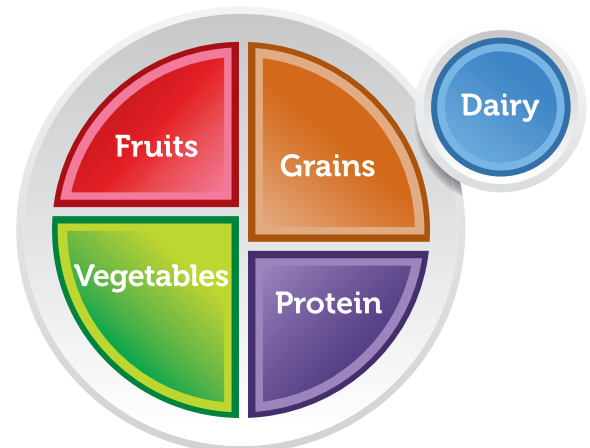
Dine Out Defensively

- Read nutrition info on restaurant websites
- Split an entree & take half home for a later meal
- Order veggies for sides and fruit for dessert

6

Stay Balanced

- Get regular sleep and physical activity
- Limit salt and alcohol
- Avoid tobacco



Create a DASH plan that's right for you! Scan the QR code below for more recipes.



“Food can make you better, or food can make you worse. We need to encourage patients to find a healthy eating pattern, like DASH, that features good choices – including low-fat or fat-free dairy. Smart choices can keep patients heart-healthy now and in the future.”

– Hector Ceccoli, M.D., FACC
Cardiologist, East Texas

