

APPENDIX A

National Institutes of Health

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. The final results of the DASH study 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 of Each Food Group to the DASH Diet Pattern
Grains and grain products	7-8	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	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, beans, sweet potatoes	rich sources of potassium, magnesium, and fiber
Fruits	4-5	6 oz fruit juice 1 medium fruit 1/4 C dried fruit 1/4 C fresh, frozen, or canned fruit	apricots, bananas, dates, grapes, 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	8 oz milk 1 C yogurt 1.5 oz cheese	skim or 1% milk, skim or low-fat buttermilk, nonfat or low-fat yogurt, part-skim mozzarella cheese, nonfat cheese	major sources of calcium and protein
Meats, poultry, and fish	2 or less	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	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

Turn the page for a sample menu using the DASH diet.

APPENDIX A (CONTINUED)

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The DASH Diet • Sample Menu • based on 2,000 calories/day

Food	Amount	Servings Provided	Total number of servings in 2,000 calories/day menu:	
			Food Group	Servings
<i>Breakfast</i>				
orange juice	6 oz	1 fruit		
1% low-fat milk	8 oz (1 C)	1 dairy		
corn flakes (with 1 tsp sugar)	1 C	2 grains	Grains	= 8
banana	1 medium	1 fruit	Vegetables	= 4
whole wheat bread (with 1 Tbsp jelly)	1 slice	1 grain	Fruits	= 5
soft margarine	1 tsp	1 fat	Dairy Foods	= 3
<i>Lunch</i>			Meats, Poultry, and Fish	= 2
chicken salad	3/4 C	1 poultry	Nuts, Seeds, and Legumes	= 1
pita bread	1/2, large	1 grain	Fats and Oils	= 2.5
raw vegetable medley:				
carrot and celery sticks	3-4 sticks each			
radishes	2	1 vegetable		
loose-leaf lettuce	2 leaves			
part-skim mozzarella cheese	1.5 slice (1.5 oz)	1 dairy		
1% low-fat milk	8 oz (1 C)	1 dairy		
fruit cocktail in light syrup	1/2 C	1 fruit		
<i>Dinner</i>				
herbed baked cod	3 oz	1 fish		
scallion rice	1 C	2 grains		
steamed broccoli	1/2 C	1 vegetable		
stewed tomatoes	1/2 C	1 vegetable		
spinach salad:				
raw spinach	1/2 C			
cherry tomatoes	2	1 vegetable		
cucumber	2 slices			
light Italian salad dressing	1 Tbsp	1/2 fat		
whole wheat dinner roll	1 small	1 grain		
soft margarine	1 tsp	1 fat		
melon balls	1/2 C	1 fruit		
<i>Snacks</i>				
dried apricots	1 oz (1/4 C)	1 fruit		
mini-pretzels	1 oz (3/4 C)	1 grain		
mixed nuts	1.5 oz (1/3 C)	1 nuts		
diet ginger ale	12 oz	0		

Tips on Eating the DASH Way

- ♥ Start small. Make gradual changes in your eating habits.
- ♥ Center your meal around carbohydrates, such as pasta, rice, beans, or vegetables
- ♥ Treat meat as one part of the whole meal, instead of the focus.
- ♥ Use fruits or low-fat, low-calorie foods such as sugar-free gelatin for desserts and snacks.

REMEMBER! If you use the DASH diet to help prevent or control high blood pressure, make it part of a lifestyle that includes choosing foods lower in salt and sodium, keeping a healthy weight, being physically active, and, if you drink alcohol, doing so in moderation.

To learn more about high blood pressure, call 1-800-575-WELL or visit the NHLBI Web site at <http://www.nhlbi.nih.gov/nhlbi/nhlbi.htm>. DASH is also online at <http://dash.bwh.harvard.edu>.