

The DASH diet

Information for patients and families

What is the DASH diet?

- The DASH diet stands for “**D**ietary **A**pproaches to **S**top **H**ypertension”.
- The DASH diet is a healthy way of eating that can help lower your blood pressure.
- The DASH diet is one part of a healthy lifestyle to reduce blood pressure. Other ways include: limiting sodium and alcohol, doing regular exercise and maintaining a healthy body weight.

What is included in the DASH diet?

- Lots of fruits and vegetables, whole grains, lean meats, low-fat dairy products, nuts, seeds, and legumes.
- Few red meats, refined carbohydrates, fats, oils, and sweets.
- Fresh, whole foods.

How to follow the DASH diet

Food group	Servings per day or week	Examples
Whole grains	6 to 8 servings per day	- 1 slice of whole grain bread - 30 grams of whole grain cereal - ½ cup cooked pasta - ½ cup cooked rice, barley or quinoa

Food group	Servings per day or week	Examples
Vegetables	4 to 5 servings per day	- 1 cup raw leafy greens - ½ cup cooked vegetable
Fruits	4 to 5 servings per day	- 1 medium fruit - ½ cup fresh or frozen fruit
Low fat dairy products	2 to 4 servings per day	- 1 cup 1% or skim milk - ¾ cup yogurt - 2 ounces of cheese (less than 15 percent milk fat)
Lean cuts of meat, poultry and fish	2 to 3 servings per day (have fish 2 to 3 times per week)	- 3 ounces of cooked meat, poultry or fish (choose lean or extra lean and cut off the fat)
Nuts, seeds, and beans	3 to 5 servings per week	- ⅓ cup unsalted nuts - 2 tablespoons seeds - ½ cup cooked beans or lentils
Fats and oils	2 to 4 servings per day	- 1 teaspoon soft margarine - 1 teaspoon vegetable oil - 1 tablespoon light mayo - 2 tablespoons light dressing
Limit sweets	5 servings per week	- 1 tablespoon sugar - 1 tablespoon jam or jelly

St. Michael's cares about your health. For reliable health information, visit our Patient and Family Learning Centre, Room 6-004, 6th floor Cardinal Carter Wing, or find us online at www.stmichaelshospital.com/learn

This information is not intended as a substitute for professional medical care. Ask your healthcare provider about this information if you have questions.

73043 Dev. Apr13 2016 V1

www.stmichaelshospital.com/programs/diabetes/
Booking Line: 416 867-3679