The DASH diet
Information for patients and families

What is the DASH diet?

- The DASH diet stands for “Dietary Approaches to Stop Hypertension”.
- 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

<table>
<thead>
<tr>
<th>Food group</th>
<th>Servings per day or week</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grains</td>
<td>6 to 8 servings per day</td>
<td>- 1 slice of whole grain bread</td>
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<td></td>
<td></td>
<td>- 30 grams of whole grain cereal</td>
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<td></td>
<td></td>
<td>- ½ cup cooked pasta</td>
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<td></td>
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<td>- ½ cup cooked rice, barley or quinoa</td>
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</table>
### Food group | Servings per day or week | Examples |
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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 | - ½ 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 |

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