



YOUR QUICK DASH GUIDE

Consistently ranked as one of the best diets overall by U.S. News & World Report, DASH (Dietary Approaches to Stop Hypertension) is a science-backed, nutrient-rich, flexible and balanced eating plan that's great for everyone, especially patients concerned about 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

Fat-free or low-fat milk and dairy:
2-3 cups daily



Fruits

2-2.5 cups daily



Vegetables

2-2.5 cups daily



Grains

Make half your grains whole:
6-8 ounces daily



Protein

Lean meat, fish or poultry:
6 ounces or less daily



Nuts, seeds and legumes

4-5 times weekly



Oils

Use sparingly



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



Find helpful DASH printables at DairyMAX.org/downloads

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

The Dietary Guidelines for Americans recognize the DASH diet as a healthy eating pattern. Follow these six DASH diet tips for a healthier heart.

1

Food First

Choose food first over supplements!
DASH all-stars
– such as dairy, whole grains, fruits, vegetables, lean proteins and nuts
– create a nutrient synergy that helps lower your blood pressure

2

Switch Gradually

- Drink milk with meals
- Swap in whole grains for white starches
- Snack on fruit, yogurt, nuts, seeds and legumes

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
- Make oatmeal with milk
- Top salad with grated cheese

Eat more fruit:

- Mash ripe bananas in oatmeal
- Add dried fruit to salads
- Puree fruit as a dessert topping

Eat more veggies:

- Add them to your sandwich
- Add them to stir-fry and eggs
- Eat dip with raw veggies instead of crackers

5

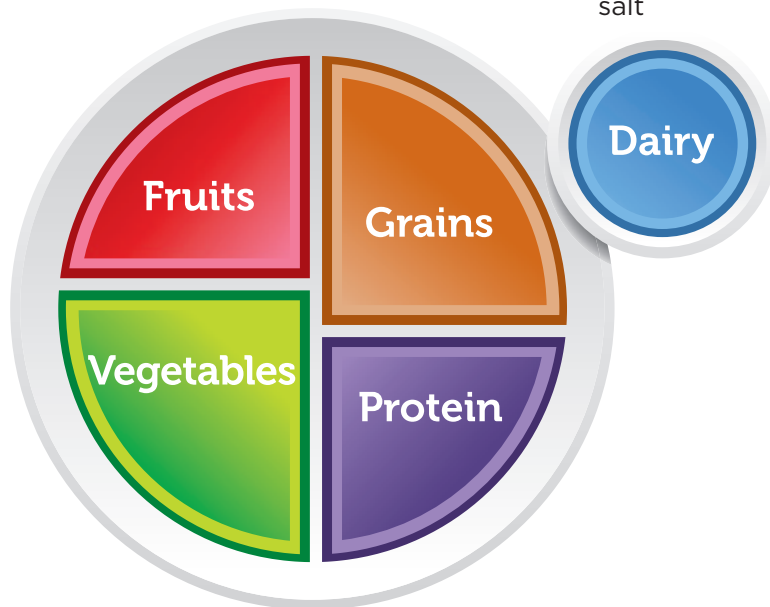
Dine Out Defensively

- Read nutrition info on restaurant websites
- Share entrees
- 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! Visit DairyDiscoveryZone.com 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