



YOUR QUICK DASH GUIDE



Named “**Best Overall Diet**” by *U.S. News & World Report* seven years running, **DASH** (Dietary Approaches to Stop Hypertension) is a flexible, balanced eating plan that’s great for everyone – especially patients concerned about heart health.

DASH Diet

Keep this handy graphic for the basics, and visit DairyMAX.org/health/printables to find meal plans and more you can share with your patients.



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

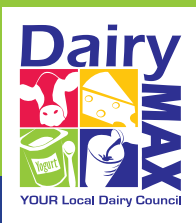


Oils

Use sparingly



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



Find helpful DASH printables at DairyMAX.org

DASH to a Healthy Lifestyle



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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

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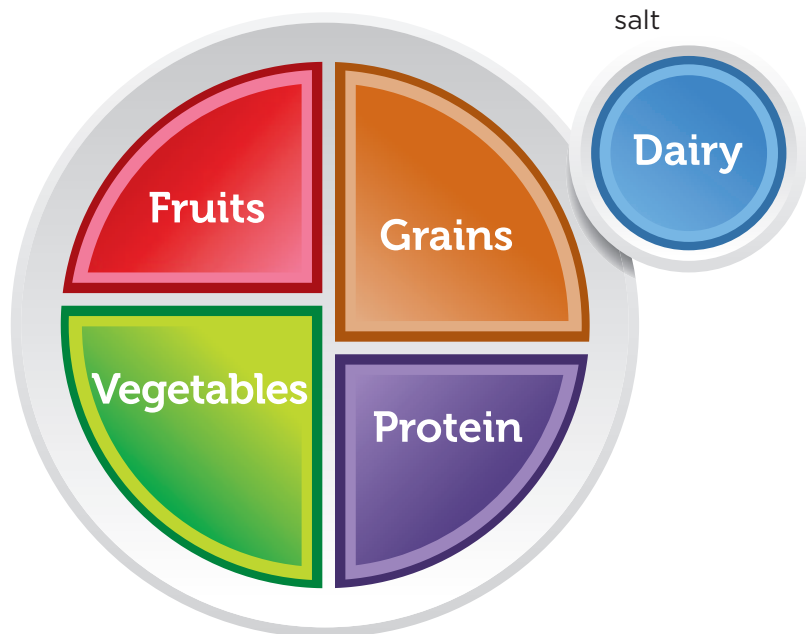
Dine Out Defensively

- 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.



Cindy Kleckner, RDN, LD, FAND, has a passion for teaching culinary skills to anyone wanting a healthier lifestyle. She has a flair for inspiring and entertaining clients with food, translating the science of nutrition into practical solutions to help motivate behavior change. Cindy is the co-author of the *DASH Diet for Dummies* and *Hypertension Cookbook for Dummies*.