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

Find helpful DASH printables at DairyMAX.org
DASH to a Healthy Lifestyle

Named “Best Overall Diet” by U.S. News & World Report seven years running, DASH is a flexible, balanced eating plan that’s great for everyone.

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.

**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*.