

DASH Diet for High Blood Pressure

Lifestyle modifications are helpful in lowering blood pressure and can reduce other risk factors for premature heart disease. This diet is considered a first line treatment for those at risk, borderline, or who have the diagnosis of high blood pressure.

The DASH diet is one rich in fruits, vegetables, low-fat dairy products as well as low in saturated and total fat.

Food (Servings)	Examples
Grains and grain products (7-8 daily)	Whole wheat breads, English muffins, pita bread, bagels, cereals, oatmeal
Fruits and Vegetables (4-5 fruits; 4-5 vegetables daily)	Apricots, bananas, oranges, melons, strawberries, tomatoes, peas, carrots, broccoli, leafy greens
Low-Fat/Non-Fat Dairy (2-3 daily)	Skim/1% milk, nonfat or low-fat yogurt, nonfat or part-skim cheese
Meats, poultry, fish (2 or less daily)	Lean meats only, trim visible fat, remove skin from poultry; broil, roast or boil
Nuts, seeds, legumes (4-5 WEEKLY)	Almonds, sunflower seeds, pumpkin seeds, kidney beans, lentils