



**Lowering Your Blood
Pressure With
*DASH***

Presented By:

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Facts About High Blood Pressure

- Most common primary diagnosis in the US.
- 1 in 3 adults has high blood pressure.
- High blood pressure is a major risk factor for heart attack, stroke and kidney disease.
- Is the “silent killer”- has no signs or symptoms.



Diagnosis of High Blood Pressure

CATEGORY	SYSTOLIC (mmHg)	DIASTOLIC (mmHg)
NORMAL	<120	<80
PREHYPERTENSION	120-139	80-89
HYPERTENSION	140 or higher	90 or higher

Lifestyle Modifications:
Key to the Prevention and
Treatment of High Blood Pressure



JNC 7: Lifestyle Modifications to Manage Hypertension

Modification	Recommendation	Approximate SBP Reduction (range)
Weight reduction	Normal body weight (BMI 18.5–24.9 kg/m²)	5–20 mm Hg per 10-kg weight loss
DASH eating plan	Diet rich in fruits, vegetables, low-fat dairy products; low in saturated/total fat	8–14 mm Hg
Dietary sodium reduction	≤100 mmol/d dietary sodium intake (2.4-g sodium or 6-g sodium chloride)	2–8 mm Hg
Physical activity	Regular aerobic physical activity at least 30 minutes per day most days of week	4–9 mm Hg
Moderate alcohol consumption	Men: ≤2 drinks per day Women/lighter-weight persons: ≤1 drink per day	2–4 mm Hg

Recommended Lifestyle Modifications

- If overweight, 10 pound weight loss
- Dietary Approach to Stop Hypertension Eating Plan (DASH)
- Reduction in dietary sodium to between 1500 – 2300 mg of sodium per day
- Daily aerobic physical activity for at least 30 minutes
- Limit alcohol
- *Combination of 2 or more lifestyle modifications can achieve better results.*

DASH Diet Most Important

- DASH eating plan has the **SAME** blood pressure lowering effect as drug therapy!
- The whole family benefits from DASH.



DASH Eating Plan

HIGH in these FOODS and NUTRIENTS

- Fruits
- Vegetables
- Whole Grains
- Fat free and low fat milk and dairy products
- Potassium
- Magnesium
- Calcium
- Protein
- Fiber

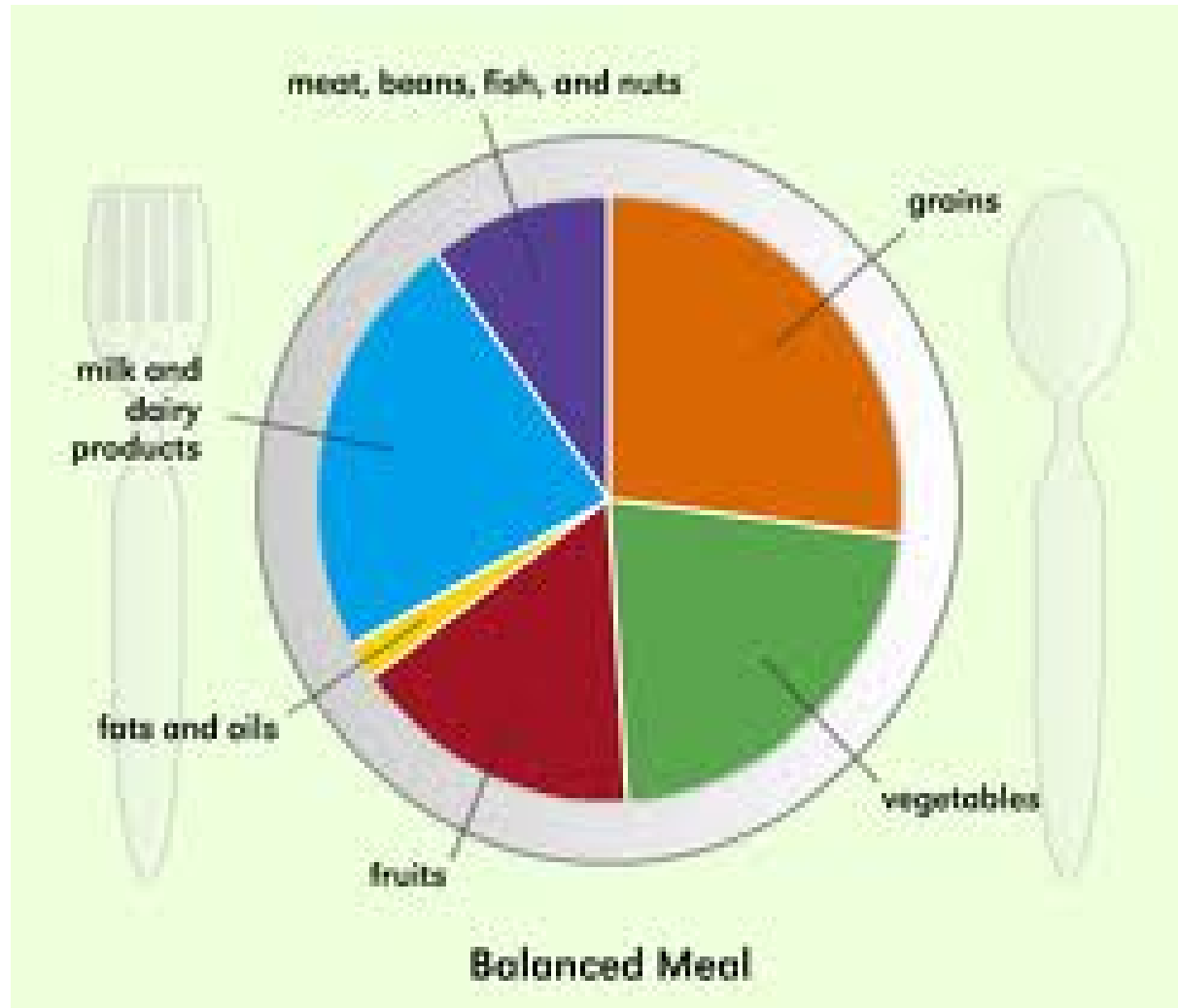
LOW in these FOODS and NUTRIENTS

- SODIUM
- Saturated Fat
- Total Fat
- Cholesterol
- Red Meat
- Sugar

DASH Eating Plan

FOOD GROUP	1600 calories/day	2000 calories/day
Grains	6	7 – 8
Vegetables	3 – 4	4 – 5
Fruits	4	4 – 5
Low fat or fat free dairy foods	2 – 3	2 – 3
Meats, poultry and fish	1 – 2	2 or less
Nuts, seeds and dry beans	3 per week	4 – 5 per week
Fats and oils	2	2 – 3
Sweets	2 per week	5 per week

The DASH Plate



The First Steps Towards DASH

- Plan ahead!
- Remove the salt shaker.
- Increase fruit and vegetable intake.
- Bump up your dairy.
- Choose whole grains.
- Do NOT make meat the FOCUS of your meals.

Grains

Serving Sizes

- 1 slice whole wheat bread
- 1 oz whole grain cereal
- ½ cup cooked brown rice, whole wheat pasta, or oatmeal
- ½ whole wheat bagel
- 1 corn tortilla

Provide Energy and Fiber



Vegetables

Serving Size

- 1 cup raw leafy veggies
- ½ cup raw or cooked chopped veggies
- 4 oz vegetable juice

**Potassium,
Magnesium and Fiber**



Fruits

**Potassium,
Magnesium and Fiber**

Serving Size

- 4 oz fruit juice
- 1 medium fruit
- $\frac{1}{4}$ cup dried fruit
- $\frac{1}{2}$ cup fresh,
frozen or canned
fruit

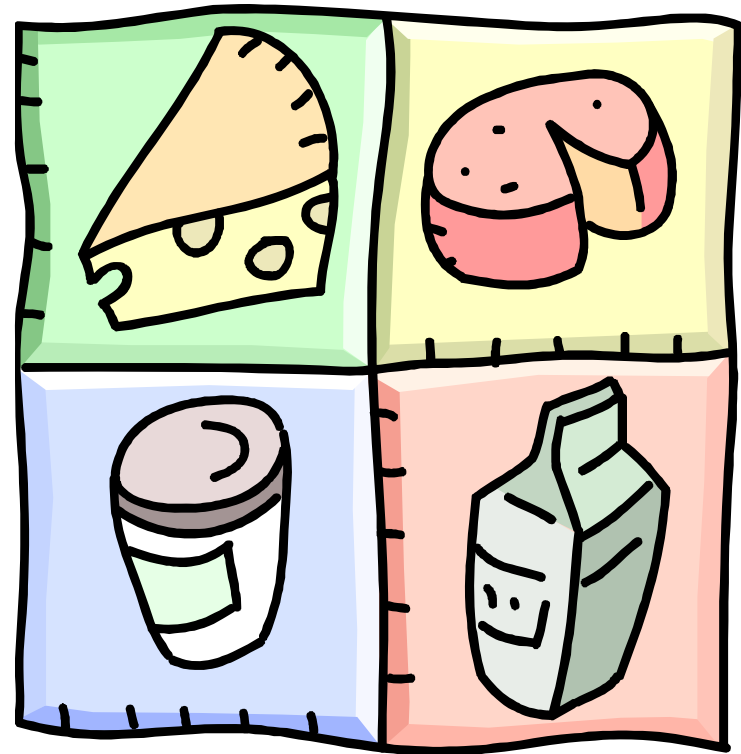


Low Fat or Fat Free Dairy

Serving Size

- 8 oz milk
- 1 cup yogurt
- 1 ½ oz cheese

Calcium and Protein



Meats, Poultry, and Fish

Serving Size

- 3 oz cooked portion

Protein and Magnesium



Nuts, Seeds, and Dry Beans

Serving Size

- 1/3 cup nuts
- 1 ½ oz nuts
- 2 Tbsp seeds
- ½ cup cooked dried beans or peas

**Magnesium, Protein,
Fiber and Potassium**

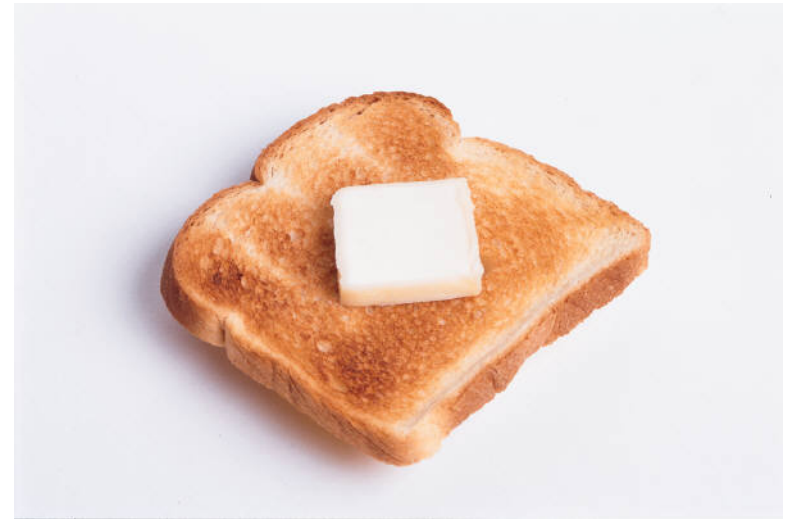


Fats and Oils

DASH allows for 27% of calories to come from fat.

Serving Size

- 1 tsp soft margarine
- 1Tbsp light mayo or light dressing
- 1 tsp vegetable oil



Sweets

Serving Size

- 1 Tbsp sugar
- 1 Tbsp jelly
- ½ oz jelly beans
- 8 oz lemonade
- ½ cup sorbet

Sweets should be low in fat.



Salt or Sodium

- 1500 mg = 2/3 teaspoon of salt
- 2400 mg = 1 teaspoon of salt.
- The best results are from the **LOWEST** daily sodium intake.

Sodium in Foods

Phrase	What it means
Sodium free or salt free	Less than 5 mg per serving
Very low sodium	35 mg or less per serving
Low sodium	140 mg or less per serving
Reduced or less sodium	At least 25% less than regular version
Light in sodium	50% less than regular version
Unsalted or no salt added	No salt added during processing

Tips to Reduce Sodium

- Use no salt added versions of foods and condiments.
- Buy fresh or plain frozen fruits and vegetables.
- Limit cured food and condiments with sodium or MSG.
- Use spices instead of salt.
- Remove the salt shaker.
- When eating out, ask about sodium!

Get Your DASH Guide

- http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf