

Healthy Heart

Getting Started with DASH

(Dietary Approaches to Studying Hypertension)

It's easy to adopt the DASH eating plan.

Here are some ways to get started:

Change gradually.

- If you now eat one or two vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit now or have only juice at breakfast, add a serving to your meals or have it as a snack.
- Use only half the butter, margarine or salad dressing you do now.
- Try low-fat or fat-free condiments, such as fat-free salad dressings.
- Gradually increase dairy products to 3 servings per day. For example, drink milk with lunch or dinner, instead of soda, alcohol or sugar-sweetened tea. Choose low-fat (1 percent) or fat-free (skim) dairy products to reduce total fat intake.



Treat meat as one part of the whole meal, instead of the focus.

- Buy and cook less meat. If it's not there, you won't eat it.
- Limit meat to 5-6 ounces a day. That is all that's needed (3 to 4 ounces is about the size of a deck of cards).
- If you now eat large portions of meat, cut them back gradually by a one-half or one-third at each meal.
- Include two or more vegetarian-style (meatless) meals each week.
- Increase servings of vegetables, rice, pasta and dry beans in meals. Try casseroles and pasta and stir-fry dishes, which have less meat and more vegetables, grains and dry beans.



Use fruits or low-fat foods as desserts and snacks.

- Fruits and low-fat foods offer great taste and variety. Use fruits canned in their own juice. Fresh fruits require little or no preparation. Dried fruits are easy to store and carry with you.

Try these snack ideas:

unsalted
pretzels or
nuts mixed
with raisins

graham
crackers

low-fat and
fat-free
yogurt and
frozen yogurt

plain popcorn
with no salt
or butter
added

and raw
vegetables.

AUTHORS:

Beth Reames, PhD, RD, LDN

April Cintron, MS, RD, LDN

Annrose Guarino, PhD, RD, LDN

Judy Myhand, MS

Heli J. Roy, PhD, RD, LDN

Emily Whelan, MS, RD

Visit our Web site: www.lsuagcenter.com

Louisiana State University Agricultural Center, William B. Richardson, Chancellor
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director

Pub. 2971 (20M) 7/07

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

This material was funded by USDA's Food Stamp program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Extension office or visit www.lsuagcenter.com