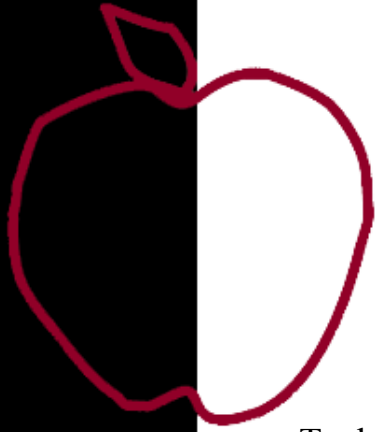


# DASH DIET PLAN



Your eating habits can impact your blood pressure levels. If you have high blood pressure, also known as hypertension, you will benefit from the following guidelines:

- Reduce sodium and salt in your diet
- Increase fruits, vegetables, and potassium-rich foods
- Decrease total fat, saturated fat and cholesterol in your diet.

To know if prepared foods have sodium or fat, read their food label. Look for words such as salt, sodium, fat, hydrogenated or partially hydrogenated fat. Include the number of recommended servings from the fruit and vegetable groups. These foods contain potassium, a nutrient that has been shown to decrease blood pressure.

## MEATS, POULTRY, FISH, EGGS & MEAT SUBSTITUTES

*Limit to 5-6 ounces per day.*

### CHOOSE

- Meat, fish, poultry, shellfish, fresh or frozen, cooked without salt
- Low sodium tuna or regular tuna that has been rinsed in water and drained
- Tofu
- Low cholesterol egg substitutes
- Healthy Choices® or Right & Light® entrees (Frozen entrees with a starch and vegetable should not exceed 600 mg sodium.)

*Limit to 1 serving a day:*

- Ricotta cheese, part skim (½ cup)
- Low sodium processed cheese (1 oz) (e.g., Alpine Lace® sliced cheeses)
- Cottage cheese (½ cup)
- Swiss or Mozzarella cheese (1 oz)

### DO NOT CHOOSE

- Cured or processed meats: corned beef, Canadian bacon, bologna, cured ham, luncheon meats, sausage, jerky, hot dogs (regular and “1/3 less sodium”)
- Canned chicken, salmon, shrimp, sardines or meat
- Peanut butter
- Textured vegetable protein (TVP) products
- Frozen dinner entrees (except those listed under CHOOSE)
- Canned entrees, such as stews, chop suey, spaghetti
- Processed cheeses (American, cheese spread, cheese food)
- All other natural cheeses



**MORRISON**

## VEGETABLES

*Eat 4-5 servings a day.*

### CHOOSE

- Canned vegetables, with no added salt
- Raw vegetables
- Fresh or frozen vegetables, cooked without salt
- Canned vegetables, rinse and drain before preparation (limit to 1 cup per day)
- Instant mashed potatoes, do not add salt when preparing
- Low sodium tomato or vegetable juice
- Tomato sauce, no salt added
- Tomato paste, no salt added

### DO NOT CHOOSE

- Baked beans
- Sauerkraut
- Pickles and pickled vegetables
- Frozen seasoned vegetable dishes
- Coleslaw and potato salad, unless homemade, without salt
- Tomato or vegetable juice
- Tomato sauce
- Tomato puree

## FRUITS & JUICES

*Eat 4-5 servings a day.*

### CHOOSE

- All fruits and fruit juices
- Low-sodium, salt-free vegetable juices

## MILK & YOGURT

*Eat 3 servings a day.*

### CHOOSE

- Milk: reduced-fat, low-fat, fat-free, chocolate, powdered, evaporated
- Yogurt: low fat or frozen

### DO NOT CHOOSE

- Buttermilk
- Instant hot chocolate/cocoa mixes
- Malted milk

## BREADS, CEREALS, GRAINS, CRACKERS

*Limit to 6 servings per day.*

### CHOOSE

- Yeast breads and rolls
- Bagel (½)
- English Muffin (½)
- Pita (1)
- Bread dressing, homemade with no added salt (1/3 cup)
- Pancakes (1 – 4" diameter)
- Crackers, unsalted tops (5)
- Dry cereal (¾ cup), except those listed under NO LIMIT

### NO LIMIT

- Hot cereal, cooked without salt
- Dry cereals
  - Puffed rice or puffed wheat
  - Shredded wheat
  - Wheat germ
  - Low sodium cornflakes
  - Low sodium crispy rice
- Crackers
  - Low sodium crackers
  - Unsalted matzoh
  - Melba toast
- Tortillas
- Plain, pasta, noodles, or rice, cooked with no added salt

### DO NOT CHOOSE

- Refrigerated dough
- Danish pastries
- Toaster pastries
- Bagels with salt toppings
- Biscuit mix
- Cornbread mix
- Commercially seasoned stuffing
- Frozen waffles
- Crackers with salted tops
- Salty snacks

## SOUPS

### CHOOSE

- Reduced or low sodium canned soup
- Homemade soups and broth, with no added salt
- Low sodium soup bases

### DO NOT CHOOSE

- All soups and broth, unless low sodium
- “1/3 less salt” soups
- Dehydrated soup mixes

## FATS

*Limit to 6 tsp or portions a day.*

### CHOOSE

- Vegetable oils: canola, safflower, sunflower, corn, peanut, olive, soybean
- Margarine with first ingredients “liquid oil”
- Diet margarine
- Unsalted nuts (1oz)
- Imitation whipped topping

*Limit to 1 serving per day:*

- Salad dressing: regular or fat-free (1 Tbsp)
- Mayonnaise: regular or fat-free (1 Tbsp)
- Fat-free cream cheese

### DO NOT CHOOSE

- Tarter sauce
- Bacon, bacon fat, “1/3 less sodium” bacon
- Gravy: canned, jarred or packet
- Salt pork
- Butter
- Snack dips with instant soup mixes or processed cheese
- Olives

## SNACKS & SWEETS

### CHOOSE

- Popcorn: homemade, unsalted; microwave, unsalted
- Pretzels, unsalted
- Sugar, honey
- Jam or jelly
- Syrups: maple, corn, chocolate, etc.
- Cranberry sauce
- Hard candy
- Gelatin
- Sherbet or frozen yogurt (1/2 cup)
- Popsicles

*Limit to 1 serving per day:*

- Fat-free frozen desserts, cakes and cookies

### DO NOT CHOOSE

- Popcorn: commercial seasoned or microwave with salt
- Snack chips, pretzels or crackers with salt
- Ice cream
- Cheesecake
- Instant pudding mixes
- Commercially prepared fudge, caramel or butterscotch toppings

## CONDIMENTS

### CHOOSE

- Herbs and spices without salt, (e.g., onion and garlic), horseradish powder, vinegar, Mrs. Dash<sup>®</sup>, Tabasco<sup>®</sup> sauce

*Limit:*

- Mustard (1 tsp/day)
- Worcestershire sauce (1 tsp/day)
- Ketchup (1 tsp/day)
- Salsa (1/4 cup/day)

### DO NOT CHOOSE

- Salt, herb and spice blends containing salt
- Monosodium glutamate (MSG)

NOTE: MSG has no taste so it is not detected in foods!

- Soy sauce
- Teriyaki sauce
- Poultry seasoning
- Barbecue sauce
- Chili sauce
- Steak sauce
- Relish
- Poppa Dash<sup>®</sup>

## BEVERAGES

*Limit caffeine to 300 mg/day*

### CHOOSE

- Coffee and tea
- Carbonated beverages, low sodium
- Fruit punch, lemonade
- Mineral water

### DO NOT CHOOSE

- Cocoa beverage mixes
- Sport beverages (such as Gatorade®)

## EATING OUT

Today, many restaurants provide nutrition information about their menu items. Since most fast foods and ethnic foods (Chinese, Mexican, Italian) are high in sodium, ask to see this information before making a selection. Upon request, some fast food restaurants will accommodate your needs, such as leaving the salt off your french fries, or the ketchup off your burger. Another choice is to order a salad and add a squeeze of lemon instead of dressing, which is generally high in sodium. At restaurants that prepare foods “made to order,” ask that your meal be prepared without salt or MSG.

## FOOD LABELS

*Labels can be useful. The following are sodium labeling definitions:*

- **SODIUM FREE** –  
less than 5 milligrams of sodium per serving
- **VERY LOW SODIUM** –  
less than 35 milligrams per serving
- **LOW SODIUM** –  
less than 140 milligrams per serving
- **REDUCED OR LESS SODIUM** –  
the product has at least 25 percent less sodium than the original product
- **LIGHT** –  
a product has at least 50 percent less sodium OR 1/3 fewer calories OR 50 percent less fat than the original product
- **NO SALT ADDED OR NO SALT** –  
no salt has been added in the preparation of the product

*\*CAUTION: Many products with less sodium, less salt, lite, or light on the label still may have too much sodium.*

