



# Nutrition Education



## Did you know?

No matter your calorie needs for the day, the DASH diet recommends no more than 2,300 mg of sodium per day, although additional benefits may be seen in reducing blood pressure for those who limit sodium to 1,500 mg.

For reference, 2,300 mg is equivalent to 1 teaspoon of table salt.



Sources: Eatright.org & nhlbi.nih.gov

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March 2023

## DASH Your Way Healthy

Have you heard of the DASH eating plan? The Dietary Approaches to Stop Hypertension (DASH) is an eating plan to help lower blood pressure. In addition, it has other health benefits such as reducing cardiovascular risk factors. While the DASH diet was originally developed for people with hypertension (high blood pressure), anyone can follow it!

### Food encouraged on the DASH Diet:

Vegetables, fruits, whole grains, beans, nuts, seeds, fish, poultry, fat free or low fat dairy, and vegetable oils.

### Foods to avoid or limit:

Sugar sweetened beverages, foods high in saturated fats, fatty meats, full-fat dairy, tropical oils such as coconut oil and palm oils, and sweets.

DASH Eating Plan	
The Benefits: Lowers blood pressure & LDL "bad" cholesterol.	
✔ Eat This	⚠ Limit This
Vegetables	Fatty meats
Fruits	Full-fat dairy
Whole grains	Sugar sweetened beverages
Fat-free or low-fat dairy	Sweets
Fish	Sodium intake
Poultry	
Beans	
Nuts & seeds	
Vegetable oils	

[www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH)