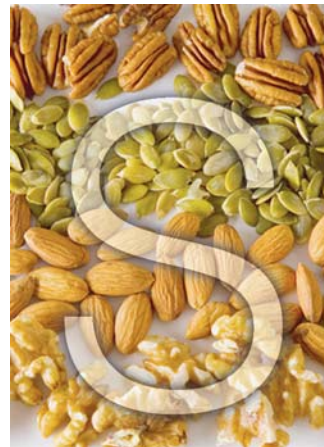
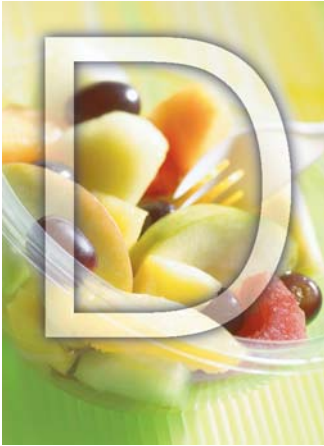




How do I make the



to better health?

DASH stands for **D**ietary **A**pproaches to **S**top **H**ypertension. Hypertension, which simply means high blood pressure, is a common risk factor for both heart attack and stroke. Fifty percent of Canadians have hypertension by the age of 65. The DASH way of eating can lower blood

pressure within just two weeks. Eating the DASH way is not only based on research, but it includes tasty, nutritious everyday foods.

At a glance*

- Vegetables and fruit 8-10 servings a day
 - 1 medium fruit, 4 oz fruit juice or 1/2 cup cooked vegetables

- Lower fat dairy products 2-3 servings a day.
 - 8 oz milk, 3/4 cup yogurt or 1 1/2 oz cheese.
- Whole grain products 6-8 servings a day.
 - 1 slice bread or 1/2 cup cooked rice or pasta.
- Lean meats, poultry and fish the size of a computer mouse.

- Nuts, seeds, dried beans and lentils.

Choosing foods according to the DASH eating pattern gives you a rich intake of minerals such as **calcium**, **potassium** and **magnesium**. This **terrific trio** plays an important role in the management of blood pressure.

10 ways to DASH your way to health...

1 Start your day right

- Choose whole grain cereal (look for cereals with greater than 2.0 g of fibre per serving), top with fruit and lower fat milk. Sprinkle with a handful of nuts for an extra shot of potassium and magnesium.

- Try a yogurt parfait. Layer lower fat yogurt with fruit, cereal and nuts. Dig in!

2 Do the lunch DASH

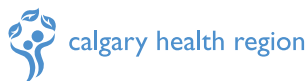
- Enjoy cottage cheese with fruit salad and a bran muffin.

- Try peanut butter and banana on whole grain bread.
- Spread black beans on a tortilla and sprinkle with lower fat cheese.
- Add fresh or frozen vegetables to homemade soups for an extra boost.

Get into action and write down how you can make the DASH to lower blood pressure. For example: *add a piece of fruit to breakfast.*

My Action Plan:

* Based on a 2000 calorie diet.



Dietitian says... To help lower your blood pressure, make every meal a DASH meal. Include 1-2 servings of fruits and vegetables, 1 serving of lower fat milk products and 2-3 servings of whole grains.

Marla Richardson, RD

Dietitian says... By choosing the DASH way of eating and halting the salt, you will see the greatest benefits for lowering your blood pressure. Choose fresh foods more often and taste your food before salting.

Wendy Shah, RD

K eep DASHING to a healthier you. Write down another step you can take towards lowering your blood pressure. For example: *enjoy lower fat chocolate milk at lunch.*

My Action Plan:



3 Re-think your drink

- Make lower fat milk your beverage of choice with meals or snacks.
- Ask for milk when dining out.
- Enjoy hot chocolate milk for a warm treat.

4 Create a potassium powerhouse with potatoes

- Serve baked potatoes with a variety of toppings like chili, broccoli, baked beans or lower fat cheese.

5 Make it with milk

- Add lower fat milk in place of water when

cooking foods such as soup, oatmeal or to mash potatoes.

- Go for a latte made with lower fat milk, instead of plain coffee.

6 Focus on food, not on supplements

- Benefit from the **terrific trio** by eating whole foods as part of a well-balanced diet rather than by taking supplements. Supplements have not been shown to deliver the blood pressure lowering effect achieved by the combination of foods in the DASH diet.
- Supplements cannot take the place of healthy food.

7 Blend 'em up!

- Create DASH-style blender drinks. Add chunks of your favourite fruit, such as peaches, pineapples,

Dietitian says... Milk is an excellent source of calcium, magnesium and potassium. Adults can get this terrific trio of nutrients by enjoying milk and milk products every day. Aim for three glasses a day!

Raman Kapoor RD



bananas, strawberries, or mangos to lower fat milk or yogurt and blend it up! Be creative!!

8 Make the DASH choice the easy choice

- Wash and cut your vegetables ahead of time for easy cooking.
- Keep fresh fruit visible and handy for easy snacking.
- Sprinkle nuts and dried fruit on salad for a boost of nutrients and flavour.

9 Encourage big dippers

- Make a fruit dip by sprinkling cinnamon into lower fat vanilla yogurt.

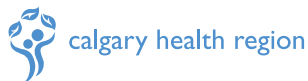
- For a quick vegetable dip, add ranch seasoning or chopped chives to plain lower fat yogurt.
- Enjoy dipping a variety of colourful fruits and vegetables.

10 Halt the salt

- Limit processed foods as they are high in salt and sodium additives.
- Use only small amounts of condiments such as ketchup, salad dressing and soy sauce.
- Read food labels... the higher the milligrams of sodium per serving, the higher the salt content.
- Limit fast foods and take out meals to an occasional treat.

F inish the DASH by writing down how you will lower you blood pressure by decreasing your salt intake. For example: *I will choose leftover meat rather than processed meat for my lunch sandwich.*

My Action Plan:



For more information on milk and other dairy products, please contact a registered nutritionist at Alberta Milk. Edmonton (780) 453-5942
Toll Free 1-877-361-1231 www.albertamilk.com

