



DASH Diet

DASH stands for Dietary Approaches to Stop Hypertension.

DASH diet applies to all adults, especially hypertensive patients, in order to maintain healthy heart.

U.S. Health Institute proved that DASH diet can reduce the chance of heart disease and stroke, cardiovascular disease caused by hypertension reduced by 15%, stroke can be reduced by 27%.

DASH diet mainly included low-fat, low-saturated fat, low-cholesterol food, to avoid fat blocking the blood vessels. Increase the intake of certain types of nutrients, which would effectively control and prevent hypertension. Supplemented with a combination of foods containing high magnesium, high potassium, high calcium, protein and fiber to help control the absorption of fat.

DASH diet prevents hypertension, protect kidney function. The patient with severe renal failure failed to discharge potassium, should consult the doctor about DASH diet. The DASH diet is also in line with dietary recommendations to prevent osteoporosis, cancer, heart disease, stroke and diabetes.

Principle of DASH Diet:

- **High Magnesium:** Magnesium improves the sensitivity of insulin, lowering blood sugar level.
- **High Potassium:** Potassium is the most abundant mineral in the cell which contains antagonistic ions to inhibit sodium, change the sensitivity on salts.
- **High Calcium:** Calcium assists the contraction of heart and muscles, help blood clotting.
- **High Dietary-fiber:** Dietary-fiber inhibit mono-saccharides quickly absorbed in the blood, improve the insulin resistance towards sugar.
- **Protein:** Helps to build up muscle and boost immunity.
- **Saturated Fatty Acid:** Excessive intake can increase endogenous steroid and the chance of getting atherosclerosis.
- **Unsaturated Fatty Acid:** antagonistic on saturated fat, source from seeds, nuts, all kind of vegetable oil.

Vegetables and low-fat dairy foods as the main component, followed by whole grains, fish, poultry, nuts, etc. Reduce the intake of red meat, sugar-added beverages, sweets, especially salt, which works on weight loss and decrease the blood pressure. Start from daily habits, quit smoking, regular exercise and healthy diet can prevent hypertension.

DASH Diet recommended servings:

FOOD GROUPS	SERVINGS / DAY	TIPS	EXAMPLES
Dairy & alternatives	2 to 3 servings One serving include 1 cup skim or 1 percent milk, 1 cup low fat yogurt, or 1 1/2 ounces part-skim cheese	Choose dairy products that are low fat or fat-free	Skim milk, calcium fortified soy milk / almond milk / oat milk
Nuts, seeds and legumes	4 to 5 servings a week One serving include 1/3 cup nuts, 2 tablespoons seeds, or 1/2 cup cooked beans or peas	No added salt or sugar; choose raw or roasted instead of fried	Walnuts, pumpkin seeds, edamame
Fats and oils	2 to 3 servings One serving include 1 teaspoon soft margarine, 1 tablespoon mayonnaise or 2 tablespoons salad dressing	Vegetables oil; spray oil on pan to lightly stir fried instead of deep fried	Olive oil, canola oil, avocado oil
Salt, sugar	No more than 1 teaspoon salt	Reduce intake of canned, pickled, smoked, processed foods Limit the use of gravy, sauces, dressing with meals Reduce intake of sugar added foods / drinks	Use fresh or dried herbs and spices, lemon juice and vinegar
Grains	6 to 8 servings One serving of grains include 1 slice whole-wheat bread, 1 ounce dry cereal, or 1/2 cup cooked cereal, rice or pasta	Whole grains, unprocessed cereals	Grains include bread, cereal, rice and pasta
Vegetables	4 to 5 servings One serving include 1 cup raw leafy green vegetables or 1/2 cup cut-up raw or cooked vegetables	A variety of squash	Tomatoes, carrots, broccoli, sweet potatoes, greens
Fruits	4 to 5 servings One serving include one medium fruit, 1/2 cup fresh, frozen or canned fruit, or 4 ounces of juice	Fresh/ no sugar added dried fruits	Banana, kiwi fruits, raisins
Lean meat, poultry and fish	5 to 6 servings or fewer One serving include 1 ounce of cooked meat	Choose lean varieties Cutting back on meat portion will allow room for more vegetables	Fish, chicken breast

The above dietary recommended servings are for individual eating 1,600-2,000 calories daily.

Note on sodium and potassium intake:

According to WHO guidelines, high sodium intake and insufficient potassium intake can cause high blood pressure and increase the risk of heart disease and stroke.

Adults should consume less than 2,000 mg sodium (< 1 teaspoon salt) and more than 3,500 mg potassium per day.

The following are examples of foods containing more natural potassium:

A medium-sized potato	926mg	1/4 cup apricot	380mg	Half cup cooked kidney bean	360mg
Half cup fresh tomato	210mg	A medium-sized sweet potato	540mg	1 cup skimmed milk	380mg
1/3 cup almonds	310mg	3 oz beef tenderloin	210mg	A medium-sized banana	420mg
A cup of yogurt	370mg	Half cup of cooked spinach	290mg	A medium-sized apple	150mg
3 oz codfish	200-400mg	3 oz pork	370mg	A medium orange	237mg
2 tablespoons of roasted sunflower seeds	124mg				



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