

# DASH

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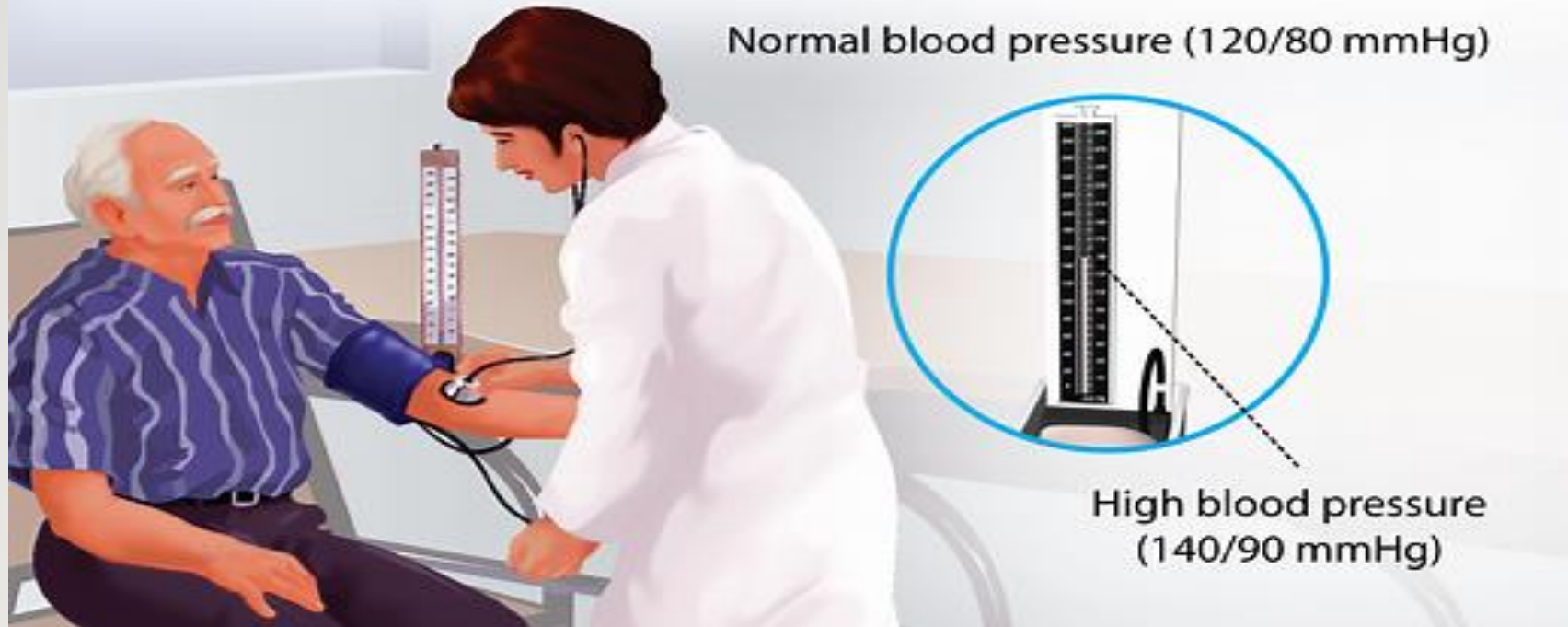
**A-** pproaches

**S** - top

**H-** ypertension



## Monitor blood pressure



# The DASH Eating Plan

- Low in Saturated fat
- Low in Cholesterol and total fat
- **Emphasizes:**
  - Fruits and vegetables
  - Fat-free or low- fat milk products
  - Whole grains products
  - Fish
  - Poultry
  - Nuts



# In comparison to typical American Diet

The DASH eating plan has reduced:

Sodium

- lean red meat
- Sweets
- Added sugars
- Sugar containing beverages

- The DASH eating Plan is rich in:
- Potassium
- Magnesium
- calcium
- Protein
- fiber



## Following the DASH Eating Plan

Use this chart to help you plan your menus—or take it with you when you go to the store.

Food Group	Servings Per Day			Serving Sizes	Examples and Notes	Significance of Each Food Group to the DASH Eating Plan
	1,600 Calories	2,000 Calories	2,600 Calories			
Grains*	6	6–8	10–11	1 slice bread 1 oz dry cereal† ½ cup cooked rice, pasta, or cereal	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn	Major sources of energy and fiber
Vegetables	3–4	4–5	5–6	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4	4–5	5–6	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Fat-free or low-fat milk and milk products	2–3	2–3	3	1 cup milk or yogurt 1½ oz cheese	Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt	Major sources of calcium and protein
Lean meats, poultry, and fish	3–6	6 or less	6	1 oz cooked meats, poultry, or fish 1 egg‡	Select only lean meats; trim away visible fat; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, and legumes	3 per week	4–5 per week	1	½ cup or 1½ oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dry beans and peas)	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
Fats and oils§	2	2–3	3	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing	Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27 percent of calories as fat, including fat in or added to foods
Sweets and added sugars	0	5 or less per week	≤2	1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat

\* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

† Serving sizes vary between ½ cup and 1½ cups, depending on cereal type. Check the product's Nutrition Facts label.

‡ Because eggs are high in cholesterol, limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz of meat.

§ Fat content changes serving amount for fats and oils. For example, 1 Tbsp of regular salad dressing equals one serving; 1 Tbsp of a low-fat dressing



# Following DASH eating plan

Following the DASH eating plan along with other lifestyle changes such as:

- Changing you eating habits
- Observing portion control
- Eating balanced meals
- loosing weight
- Getting regular physical activity
- Cutting down on alcohol



**can help you** prevent and control blood pressure

Lower your LDL ( bad)

Note: Lowering blood pressure and LDL can reduce your risk of heart disease.



## You have the power to control your diabetes or prediabetes!

The Diabetes Awareness and Wellness Network (DAWN) is a program within the Houston Health Department that provides diabetes self-management education and support for adults diagnosed with Type 2 diabetes or pre-diabetes.

The DAWN program is a membership based program where members are encouraged to make healthy lifestyle changes that improve their disease self-management and overall quality of life.

## SERVICES

DAWN provides online individual and group services that focus on self-management and center around healthy eating and active living.

Examples of DAWN events include:

Virtual cooking classes and cooking demonstrations

Diabetes Prevention and Diabetes Self-Management online education classes available in English and Spanish

Online physical activity classes, virtual walking clubs and fitness challenges

The DAWN center also collaborates with local community partners to provide members with

- Kidney disease prevention education
- Foot care education
- Medication management



## MEMBERSHIP

- Interested in becoming a DAWN member?
- Are you 18 years or older?
- Do you have Type 2 diabetes or prediabetes, or could you be at risk?

If you answer yes to all of these, then you can

**JOIN DAWN TODAY!**

### DAWN CENTER INFORMATION:

#### AVAILABLE IN TWO LOCATIONS:

##### DAWN at Third Ward:

Mon - Fri 8am - 5pm

[3611 Ennis St. Houston, TX 77004](#)

##### DAWN at Denver Harbor:

Tues & Thurs 8am - 5pm

[6402 Market St. Houston, TX 77020](#)

832-393-4055

[dawncenter@houstontx.gov](mailto:dawncenter@houstontx.gov)

[houstontx.gov/dawncenter](http://houstontx.gov/dawncenter)

The DAWN Center is closed on City of Houston holidays

**CONTACT US TODAY TO**