

HIGH BLOOD PRESSURE AND THE DASH DIET

TRANSCRIPT

Eating less salt is an important part of managing your high blood pressure. Your healthcare provider may recommend you try the DASH Diet.

DASH stands for Dietary Approaches to Stop Hypertension, and focuses on limiting the amount of sodium you have each day to less than 1,500 mg.

"It's not worth it to eat something that's high in sodium that I know is going to affect my blood pressure."

This plan helps you reduce your blood pressure. You'll eat foods that are low in total fat, saturated fat, and cholesterol, and have more fruits, vegetables, and low-fat dairy foods.

The DASH eating plan includes whole grains, poultry, fish, and nuts; and has low amounts of fats, red meats, sweets, and sugared beverages. It is also high in potassium, calcium, and magnesium, as well as fiber.

Under the DASH plan, you would eat six to eight servings of grains; four to five servings of vegetables; four to five fruit servings; two to three servings of low fat dairy products; six or fewer servings of meat, poultry or fish; and no more than two to three servings of fats and oils, per day.

In addition, you would add four to five small servings of nuts, seeds or dry beans each week, and limit yourself to no more than five servings of sweets weekly.

The exact recommended servings will depend on the number of calories you eat in a day and your overall health.

Ask your healthcare provider if the DASH diet is right for you.