



DASH Nutrition Program for Heart Health

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DASH: Dietary Approaches to Stop Hypertension

Today's Topics

DASH Nutrition Plan

The Problem with
processed foods

Tips for healthy Shopping



WHY DASH

ENDORSED BY:

- NATIONAL HEART, LUNG, BLOOD INSTITUTE
- AMERICAN HEART ASSOCIATION (AHA)
- DIETARY GUIDELINES FOR AMERICANS
- US GUIDELINES FOR TREATMENT OF HIGH BLOOD PRESSURE
- AHA TREATMENT GUIDELINES FOR WOMEN
- THE MAYO CLINIC

Studies show that blood pressure can be reduced with the DASH eating plan THE DASH plan is low in saturated fat, cholesterol, and total fat and that emphasizes fruits, vegetables, and fat-free or low-fat milk and milk products, whole grain products, fish, poultry and nuts. It is rich in potassium, magnesium, and calcium, as well as protein and fiber.

It is reduced in lean red meat, sweets, added sugars, and sugar-containing beverages compared to the typical American diet.

Dietary Approaches to Stop Hypertension

- Fresh unprocessed Foods are best.
- Double up on Non-starchy vegetables and non-fat or low-fat dairy
- Limit portion sizes of higher Calorie and processed foods.
- Stock your cupboards and refrigerator with healthy DASH diet foods.
- Buy DASH appropriate convenience foods such as bagged precut salads veggies non-fat yogurt etc. to make following DASH quicker and easier.



Lean proteins

- Choose fish, seafood, Chicken and Turkey Breast and Eggs most often. Lean Pork or Beef 2-3 times a week. Pick cheese that are reduced or low fat. Remember that beans and lentils nuts and nut butters are also excellent sources of protein.
- Bake, broil, grill, roast your proteins with little or no added fat.



Complex Carbohydrates for Energy



- Look for grain products which are all or mostly whole grain. This includes wheat, oats, rye, wild and brown rice as well as other grains such as quinoa.
- Include beans, peas and lentils as they are not only a good source of energy but also contain protein
- Whole grains, beans, peas and lentils have more fiber, digest slower and keep blood sugar from rising too quickly.

Non-Fat or Low-Fat Dairy



Dairy provides Calcium which has been shown to help control blood pressure.

Non-Fat or low-Fat dairy provides Calcium and Protein without the added saturated fat and Calories. If you are lactose intolerant pick a Lactose Free variety or a Calcium fortified Milk substitute.

HEALTHY CHANGES

Make one small change at a time.

- Increase your vegetables by one serving per day.
- Add one serving of fruit at a meal or snack.



HEALTHY EATING, PROVEN RESULTS

Change gradually:


- Increase your use of Fat free or reduced fat milk, yogurt, and cheese to three servings a day. Low-fat (1 percent) milk, yogurt, and reduced-fat cheese reduce your intake of fat, and calories and increase your calcium.
- Read the Nutrition Facts label on frozen and prepared meals, pizza, and desserts to choose those lowest in saturated fat and *trans* fat.

Select nutritious, tasty snacks.

- Choose fresh fruits or fruits canned in their own juice or packed in water. Dried fruits can also be a healthy option.
- Healthy snack ideas: unsalted rice cakes; nuts mixed with raisins; graham crackers; fat-free and low-fat yogurt; popcorn with no salt or butter added; raw vegetables



What should you eat to keep your Heart Healthy?

 Eat This	 Limit This
 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	
 Fish	 Sugar sweetened beverages
 Poultry	
 Beans	 Sweets
 Nuts & seeds	
 Vegetable oils	 Sodium intake

PROCESSED FOODS- A MATTER OF DEGREE

Group one: Unprocessed or minimally processed foods. This group includes foods like fresh blueberries, roasted nuts, chopped vegetables, or other foods that have slight changes. These foods are prepared like this to make them easier to access.

PROCESSED FOODS- A MATTER OF DEGREE

Group two: Processed culinary ingredients. This group contains options like butter, oils, sugar, or salts. They're ingredients that come from nature but are slightly changed. They may have been pressed, refined, milled, or dried.

Group three: Processed foods. These include canned fish, fruits in syrup, bottled vegetables, cheese, fresh bread, or other options that were made with added salt, oil, sugar, or other things from groups one or two.

Group 4 Highly processed or Ultra processed Foods

These foods contain Ingredients such as salt, sugar and fat are sometimes added to processed foods to make their flavor more appealing and to extend their shelf life, or in some cases to contribute to the food's structure, such as salt in bread or sugar in cakes.

These foods can also be higher in calories due to the high amounts of added sugar or fat in them.



FAST FOOD FRANCHISE DIVISION



**“Our challenge is to convince the public
that heart attacks are sexy.”**

The Bad Guys Processed and Ultra Processed foods



- SODA, FRUIT DRINKS AND ENERGY DRINKS
- SWEETENED YOGURT
- SWEET OR SAVORY PACKAGED SNACKS (E.G., COOKIES)
- CANDIES AND CAKE MIXES
- MASS-PRODUCED PACKAGED BREADS AND BUNS
- MARGARINES AND SPREADS
- BREAKFAST CEREALS
- CEREAL AND ENERGY BARS
- INSTANT SOUPS, SAUCES, AND NOODLES
- POULTRY AND FISH NUGGETS, HOT DOGS
- MANY READY-TO-HEAT PRODUCTS: PRE-PREPARED PIES, PASTA, AND PIZZA DISHES

DASH Diet Food Groups	Daily Servings
Whole Grains	7-8
Vegetables	4-5
Fruits	4-5
Dairy, low-fat or non-fat	2-3
Lean meats, Poultry, fish	2 or fewer
Nuts, seeds, dry beans, lentils	4-5 per week
Fats and oils	2-3
Sweets	5 per week

Shop Smart

1. Make a plan!
2. Don't shop HUNGRY!
3. Always shop with a grocery list
4. Read all Food labels
5. Stick to the outside aisles of the store. Avoid the snack and packaged food aisles as much as possible.



Shop Smart Continued

6. Focus on lean meats, fruits and vegetables, low fat dairy and whole grain breads, cereals, pastas, brown rice, quinoa.

7. Buy Fresh, Frozen without seasonings or sauces and Low Sodium or No Salt Added canned vegetables.

8. Avoid fruits in heavy or light syrup, look for packed in unsweetened fruit juice or water.



QUESTIONS?



THANK YOU

