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Sample menu to get you started.

Consult with your U.S. HealthWorks provider to make sure this menu is right for you.

2300 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1500 mg	Number of DASH Food Group Servings							
			Sodium (mg)	Grains	Vegetables	Fruits	Milk products	Meats, poultry, fish	Nuts, seeds, legumes	Fats and oils
BREAKFAST										
1 slice whole wheat bread	149			1						
1 tsp soft margarine	26	1 tsp soft margarine, unsalted	0							
1 cup fruit yogurt, fat free, no added sugar	173					1				
1 medium peach	0				1					
1 cup grape juice	4				1					
1 cup low-fat milk	107					1				
LUNCH										
Ham and cheese sandwich:										
2 oz smoked ham, lowfat, low sodium	549	2 oz roast beef, tenderloin	23					2/3		
1 slice (3/4 oz) cheddar cheese, natural, reduced fat	202	1 slice (3/4 oz) cheddar cheese natural, reduced fat, low sodium	4							
2 slices whole wheat bread	299			2						
1 large leaf romaine lettuce	1									
2 slices tomato	2									
1 Tbsp Mayonnaise, lowfat	101								1	
1 cup carrot sticks	84				2					
DINNER										
Chicken and Spanish rice	341	Substitute "no salt added" tomato sauce (4 oz)	215	1				1		
1 cup green peas, sautéed with 1 tsp canola oil	115				2					1
1 cup cantaloupe chunks	26					2				
1 cup low-fat milk	107						1			
SNACK										
1/3 cup almonds, unsalted	0								1	
1 cup apricots	3					1				
1 cup apple juice	21					1/3				

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Adopted from the U.S. Department of Health and Human Services and the National Heart Lung Blood Institute.

Reduce high blood pressure today!

Your diet can affect high blood pressure. By following the Dietary Approach to Stop Hypertension (DASH) eating plan and reducing sodium (salt) consumption, you may help prevent and reduce high blood pressure.

The following includes a short fact sheet on High Blood Pressure and guides on how to follow the DASH eating plan. Follow the easy numbered guides to make a difference in your life.

What is High Blood Pressure? High blood pressure, also known as hypertension (elevated pressure of the blood in the main arteries), is indicated by blood pressure readings above 140 mm Hg (systolic) / 90 mm Hg (diastolic), measured while at rest. When you have high blood pressure, it is partly because your blood vessels become narrower, forcing your heart to pump harder to move blood through your body. These changes cause the blood to press on the vessels' walls with greater force.

High Blood Pressure Guide for Adults				
(over age 18 and not on medication for high blood pressure or other illness)				
Take the first step and consult with your U.S. HealthWorks provider to identify your level.				
Level	Pressure (Systolic - mmHg)		(Diastolic - mmHg)	Results
Normal	Less than 120	and	Less than 80	Good level.
Prehypertension	120-139	or	80-89	<ul style="list-style-type: none"> This level is an indication of a problem. Make changes in your eating habits and activities. Consult with your U.S. HealthWorks provider for solutions.
Hypertension	140 or higher	or	90 or higher	<p>You have high blood pressure!</p> <p>Immediately consult with your U.S. HealthWorks provider for solutions.</p>

Why is high blood pressure so dangerous? It is dangerous because it forces the heart to work hard. If not controlled over time, high blood pressure can affect not only your heart and blood vessels but also other organs, possibly leading to strokes or congestive heart failure, impaired vision, and kidney damage.

High Blood Pressure can be controlled. Taking the necessary steps to maintain a healthy weight, being physically active and following a healthy eating plan with foods lower in salt (sodium) are some of the ways you can help lower your blood pressure. Always consult with your U.S. HealthWorks provider for the solutions that fit your health needs.

HIGH BLOOD PRESSURE

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Understanding the food groups and their significance to the DASH plan.

Consult with your U.S. HealthWorks provider to make sure this plan is right for you.
(Plan is a general guide for adults over age 18 and not on medication for high blood pressure or other illness)

The DASH eating plan shown below is based on 2,000 calories a day.
The number of daily servings in a food group may vary, depending on your own caloric needs.

Food Group	Daily Servings	Serving Sizes	Sample Food Choices	Value
Grains and grain products	7-8	<ul style="list-style-type: none"> 1 slice bread 1/2 - 1/4 cup dry cereal 1/2 cup cooked rice, pasta or cereal 	Whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal, crackers, unsalted pretzels, and popcorn	Major sources of energy and fiber
Vegetables	4-5	<ul style="list-style-type: none"> 1 cup raw leafy vegetables 1/2 cup cooked vegetables 6 oz vegetable juice 	Tomatoes, potatoes, carrots, green peas, squash, broccoli, turnips, collards, kale, spinach, artichokes, green beans, lima beans, and sweet potatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4-5	<ul style="list-style-type: none"> 6 oz fruit juice 1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen or canned fruit 	Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, and tangerines	Important sources of potassium, magnesium, and fiber
Lowfat or fat free dairy foods	2-3	<ul style="list-style-type: none"> 8 oz milk 1 cup yogurt 1/2 oz cheese 	Fat free (skim) or lowfat (1%) milk, fat free or lowfat butter, milk, fat free or lowfat regular or frozen yogurt, lowfat and fat free cheese	Major sources of calcium and protein
Meats, poultry, and fish	2 or less	<ul style="list-style-type: none"> 3 oz cooked meats, poultry, or fish 	Select only lean meats; trim away visible fats, broil, roast, or boil, instead of frying, remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds and dry beans	4-5 per week	<ul style="list-style-type: none"> 1/3 cup or 1 1/2 oz nuts 2 Tbsp or 1/2 oz seeds 1/2 cup cooked dry beans peas 	Almonds, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, and lentils	Rich sources of energy, magnesium, potassium, protein, and fiber
Fats and oils	2-3	<ul style="list-style-type: none"> 1 tsp soft margarine 1 Tbsp lowfat mayonnaise 2 Tbsp light salad dressing 1 tsp vegetable oil 	Soft margarine, lowfat mayonnaise, light salad dressing, vegetable oil (such as olive, corn, canola, or safflower)	Reduce the addition of fats and oils to foods as they generally do not add any value
(Fat content changes serving counts: e.g. 1 Tbsp of regular salad dressing equals 1 serving; 1 Tbsp of a lowfat dressing equals 1/2 serving; 1 Tbsp of a fat free dressing equals 0 servings.)				
Sweets	5 per week	<ul style="list-style-type: none"> 1 Tbsp sugar 1/2 oz jelly beans 8 oz lemonade 	Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet, and ices	Sweets should be low in fat

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Follow the tips on how to reduce your calories on the DASH plan:

The DASH eating plan was not designed to promote weight loss. Because it is rich in lower calorie foods, such as fruits and vegetables, your goals to reduce weight can be achieved.

Eat more fruits

- Eat a medium apple instead of four shortbread cookies. - *You'll save 80 calories.*
- Eat 1/4 cup of dried apricots instead of a 2 oz bag of pork rinds. - *You'll save 230 calories.*

Eat more vegetables

- Have a hamburger that's 3 oz of meat instead of 6 oz. Add 1/2 cup serving of carrots and 1/2 cup serving of spinach. - *You'll save more than 200 calories.*

Eat more lowfat or fat free dairy products

- Have a 1/2 cup serving of lowfat frozen yogurt instead of a 1 1/2 oz milk chocolate bar. - *You'll save about 110 calories.*

Enjoy additional calorie-saving tips:

- Use lowfat or fat free condiments.
- Use half as much vegetable oil, soft margarine, salad dressing, or choose fat free versions.
- Eat smaller portions – cut back gradually.
- Choose lowfat or fat free dairy products.
- Check the food labels to compare fat content in packaged foods – items marked lowfat or fat free are not always lower in calories than their regular versions.
- Limit food with lots of added sugar, such as pies, flavored yogurts, candy bars, ice cream, sherbet, regular soft drinks, and fruit drinks.
- Eat fruits canned in their own juice.
- Snack on fruit, vegetable sticks, unbuttered and unsalted popcorn, or bread sticks.
- Drink lots of water or unsweetened club soda.

Servings per day example of a reduced calorie plan

Food Group	1600 Calorie Servings / Day
Grains and grain products	6
Vegetables	3-4
Fruits	4
Lowfat or fat free dairy foods	2-3
Meats, poultry, and fish	1-2
Nuts, seeds, and dry beans	3/week
Fat and oils	2
Sweets	0

Treat meat as one part of the whole meal – leaving more room to eat more fruits and vegetables:

- Limit meat to 6 oz a day (2 servings). Three to four oz is about the size of a deck of cards. If you are used to eating a large portion of meat, you'll want to cut back gradually.
- Increase servings of vegetables, rice, pasta, and dry beans in meals.

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Reduce your Salt and Sodium intake.

- Use reduced sodium or no salt added products and buy fresh, plain frozen, or canned "no salt added" vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
- Choose "ready to eat" breakfast cereals that are lower in sodium.
- Limit cured foods (such as bacon and ham), foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut), and condiments (such as MSG, mustard, horseradish, catsup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce – treat these condiments as you do table salt.
- Use spices instead of salt. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends. Start by cutting salt in half.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant food products.
- Choose "convenience" foods that are lower in sodium. Cut back on frozen dinners.
- Rinse canned foods, such as tuna, to remove some sodium.