

My Goal:

Healthy eating choices, follow the DASH eating plan

DASH (Dietary Approaches to Stop Hypertension) was originally a clinical study that tested the effects of nutrients in food on blood pressure (BP). Results showed that high BP could be lowered by an eating plan that emphasizes fruits, vegetables, low fat dairy foods and is low in saturated fat and cholesterol.

Impact on BP:

↓ 11.4/5.5 mmHg

Getting started:

- Start to add more fruits & vegetables to your daily diet.
- Consider drinking milk with meals instead of soda, alcohol or sweetened drinks.
- Treat meat as one part of the whole meal, instead of the focus. Limit meat to 6 ounces a day, 3 ounces is about the size of a deck of cards.

- Use fruits as desserts & snacks.
 - Fruits offer great taste and variety. Use fruits canned in their own juice.
 - Fresh fruits require little or no preparation. Dried fruits are easy to carry with you.
- Combine ideas for more variety. A trail mix made of nuts, seeds and dried fruits can help you meet two food group goals at once!



DASH Eating Plan (based on a diet of 2000 calories/day)

DASH Food Group	Daily Servings <small>*see exception</small>	Examples of Serving Sizes
Grains	7-8	1 slice bread 1 cup ready-to-eat cereal ½ cup cooked rice, pasta, cereal
Vegetables	4-5	1 cup raw leafy vegetables ½ cup cooked vegetables 6 ounces vegetable juice
Fruit	4-5	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit 6 ounces fruit juice
Milk and Alternatives	2-3	1 cup yogurt 1 ½ ounces cheese 8 ounces milk
Lean meats, poultry, fish	2 or less	3 ounces cooked lean meats, skinless poultry or fish
Nuts, seeds, dry beans	4-5 per week*	1/3 cup nuts 1 tablespoon seeds ½ cup cooked dry beans
Fats and oils	2-3	1 teaspoon soft margarine 1 tablespoon low fat mayonnaise 2 tablespoons light salad dressing 1 teaspoon vegetable oil

Local and traditional foods can also help meet your daily needs:

Wild Plants	Harvest		Serving ideas
Cattail shoots	Spring-summer	Before the flower forms, peel to see soft white shoot	In salads, stir-frys, sandwiches
Fiddle Heads	Early spring	Harvest when just an inch or two above ground. Brush out/ remove brown scales	Side dishes, stir-frys, pickled
Dandelion Greens	Early Spring, Late Fall	Pick young leaves before flower appears	Salads, sandwiches

Meats: Most wild meats are lean and have less fat than store bought meats		Serving size
Traditional meats	Caribou, rabbit, moose, deer, beaver, wild birds, seal, as well as crab, clams, mussels, and fish	Size: ½ cup cooked

Other resources that can help you to follow the DASH eating plan, and lower sodium intake:

Speak to a dietitian for free: 1-866-797-0000

Visit www.eaTracker.ca, www.UnlockFood.ca, and www.Sodium101.ca