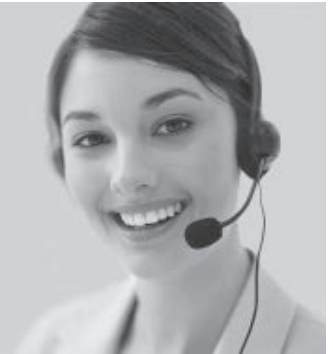


“It was great to talk with you.

Thank you for your interest in ‘Make a Dash for DASH!’ I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



Have you heard about the DASH diet? DASH stands for Dietary Approaches to Stop Hypertension. Research has shown that it can lower blood pressure in only two weeks. But that’s not all. DASH also helps protect against osteoporosis, heart disease, cancer, stroke, and diabetes.

In fact, DASH is one of the healthiest ways anyone can eat. DASH is:

- Rich in fiber (fruits, vegetables, whole grains, nuts, seeds, dried beans, peas, and lentils are all fiber stars).
- Low in saturated fat and cholesterol (the dairy products are nonfat or low-fat, and the other protein-rich foods are lean).
- Limited in sweets
- Rich in calcium, magnesium, and potassium (these minerals are important to lowering blood pressure).

The DASH eating plan is shown on the next page. Follow these tips:

- **Replace what you eat now with DASH choices.** Don’t simply add foods. For example, trade your morning doughnut for a piece of fresh fruit. If you *add* DASH choices to what you eat now, you will add calories. That is likely to cause weight gain over time.
- **Make low-sodium choices in each DASH food group.** Eating less sodium helps many people lower their blood pressure. Most of the sodium that Americans eat is from processed and restaurant foods. The rest comes from salt or salty seasonings added to foods at the table or in cooking. Eat mostly fresh, not processed, foods. When you shop, read the Nutrition Facts labels. Choose products with the lowest amount of sodium. Avoid salt and salty seasonings. Season foods with herbs and spices instead.

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- **Enjoy dried beans, peas, and lentils.** Examples are split peas, lentils, navy beans, garbanzo beans, kidney beans, and black beans. These foods are rich in “blood pressure friendly” potassium, magnesium, and fiber.
- **Compare fat grams on Nutrition Facts labels for milk, cheese, and yogurt.** Choose the lowest fat versions that taste good to you. This will make it easier for you to eat them often. Over time, switch to low-fat and finally fat-free products.
- **Increase fiber-rich foods slowly.** Fruits, vegetables, whole grains, dried beans, peas, and lentils are rich in fiber. As you eat more fiber, you may notice bloating or gas at first. To avoid this, increase fiber slowly over time and drink plenty of water.

The DASH Eating Plan

Calorie needs vary. So the DASH food group servings per day are shown as ranges. Talk with your health coach about how many servings are right for you. Also check your serving sizes by weighing and measuring what you eat.

| Food Group | Servings | 1 Serving Equals |
|--|-------------|---|
| Vegetables | 4-5 per day | 1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable (if canned, choose low sodium) ½ cup (4 fluid ounces) vegetable juice (low sodium) |
| Fruits | 4-5 per day | 1 medium fruit (about the size of a baseball) ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup (4 fluid ounces) 100% fruit juice (≤ 1 serving per day) |
| Dairy products | 2-3 per day | 1 cup (8 fluid ounces) nonfat or 1% milk or yogurt 1½ ounces nonfat or low-fat and low-sodium cheese |
| Grains (choose mostly whole grains, such as whole wheat bread, whole grain crackers, and brown rice) | 6-8 per day | 1 small (1 ounce) slice bread ½ English muffin or ½ small (2 ounce) bagel 1 ounce dry cereal (check label for amount) ½ cup cooked rice, pasta, or cereal |

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| | | |
|---|---|---|
| Lean meats, poultry, and fish | 6 or less per day (1 serving = 1 oz.) | 1 ounce cooked fish, poultry, or lean meat 1 egg (limit to no more than one egg yolk per day; talk with your doctor for your own limit if you have diabetes or heart disease) Enjoy baked or grilled fish twice a week. Trim fat from meats, remove skin from poultry. |
| Nuts, seeds, and legumes (dried beans, split peas, and lentils) | 4-5 per week | 1/3 cup or 1 1/2 ounces unsalted nuts 2 tablespoons peanut butter 2 tablespoons or 1/2 ounce seeds (choose unsalted) 1/2 cup cooked legumes (dried beans, split peas, or lentils) (if canned with salt, rinse well in water and drain) |
| Oils | 2-3 per day (including those used in cooking) | 1 teaspoon soft margarine (with no trans fat and as low as possible in saturated fat and sodium) 1 teaspoon vegetable oil 1 tablespoon mayonnaise 2 tablespoons oil-based salad dressing (low sodium) Choose food products with zero trans fat and no hydrogenated oils on the ingredient list. |
| Sweets and added sugars (choose low-fat sweets) | 5 or less per week | 1 tablespoon sugar, jelly, or jam 1/2 cup sorbet or gelatin 1 cup (8 fluid ounces) lemonade |

If you have a medical condition, check with your doctor before you begin the DASH plan.

- For example, if you have diabetes, you may need to adjust the plan.
- DASH is not for anyone with stage 3 or 4 chronic kidney disease due to the high potassium and phosphorus content in many of the recommended foods.

Focus on fruits, vegetables, and nonfat/low-fat dairy foods

A good way to begin with DASH is to eat more of these foods.

If you have trouble digesting milk:

- Try taking lactase enzyme pills with milk products. You can find these pills at grocery stores and drug stores. Or buy lactose-free milk; it has the lactase enzyme already added.
- You may be able to handle regular milk products if you eat only a small amount at a time.
- Some people can handle yogurt or cheese but not milk.

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- Consider calcium-fortified foods. Many brands of soymilk have added calcium. Some brands of bread and rice also have added calcium. Be sure to read the label.
- Calcium supplements are an option if you can't digest or are allergic to milk or dairy foods. But calcium supplements can make some medicines work less well. Talk with your doctor before taking calcium supplements.

Below are some ways to eat more fruits, vegetables, and nonfat/low-fat dairy foods. Check the ones you would like to try.

At breakfast:

- Choose two fruits. Or choose one small serving of 100% juice (limit to ½ cup once a day) and one serving of fruit.
- Enjoy onions, bell peppers, and mushrooms in an omelet. To lower the fat, use egg whites or an egg substitute.
- Top whole grain cereal with fruit and nonfat or 1% milk.
- Add nonfat dry milk to hot cereal.
- Make smoothies: Put 1 cup of nonfat or fat-free yogurt, without added sugar, in a blender. Add 1 cup of chopped fresh or frozen fruit, such as berries or a banana. Top with ½ cup 100% fruit juice. Blend.
- Mix the milk you are used to drinking with one that's lower in fat. Slowly step down to less and less fat. For example, mix whole milk with the same amount of 2% milk. Then mix 2% with 1%. Then mix 1% with nonfat. Finally move on to all nonfat milk.

At lunch:

- Eat a large green salad every day. Include many kinds of cut-up raw vegetables.
- Make low-sodium vegetable soup on the weekend. Pack in containers for lunch.
- Make low-sodium creamed soup, such as broccoli or potato, using nonfat or 1% milk instead of cream. Pack in containers for lunch.

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- Add sliced or shredded vegetables to sandwiches. Ask for extra lettuce and tomato on sandwiches when you eat out.
- Order a baked potato instead of French fries or chips.
- Pack cut-up raw vegetables in zippered plastic bags to carry to work.
- Pack leftover vegetables from dinner. Heat them in the microwave.
- Drink nonfat or 1% milk.

At dinner:

- Drink nonfat or 1% milk.
- Add sliced or shredded nonfat or low-fat cheese to foods. For example, eggs, grits, sandwiches, salads, low-sodium soups, vegetables, or main dishes. Choose lower sodium cheeses.
- Use nonfat or low-fat plain yogurt instead of sour cream. Try this on baked potatoes and in dips, sauces, salad dressings, and baked goods.
- Short on time? Buy trimmed vegetables in the produce section or at the salad bar.
- Add vegetables to main dishes. For example, add frozen mixed vegetables to pasta water toward the end of cooking. Double the vegetables in low-sodium soup. Do the same with beef stew or stroganoff. Add vegetables to pasta salad. Top pizza with mushrooms, peppers, tomatoes, and onions.
- Eat fruit salad for dessert. Top with nonfat yogurt with no added sugar.

For snacks:

- Take apples to work for a snack. Try pears, bananas, or canned fruit in snack portions.
- Keep cut-up raw vegetables in your refrigerator. Eat for snacks or before meals.
- Enjoy cereal with nonfat or 1% milk as a snack.
- Top fruit with nonfat, no-sugar-added yogurt.
- Slice your favorite fruit and dip it in low-fat ricotta cheese. Or serve it with low-fat cheddar or feta cheese.

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Take Action

| Check when completed | |
|--|--|
| <p>My SMART Goal for This Week Do your best to reach the SMART* goal you set with your health coach. Write it here. Check the box when you have completed it.</p> <p>_____</p> <p>_____</p> | <input type="checkbox"/> |
| <p>Staying on the Path to Wellness When you are ready, choose one or two tips above that you would like to put into action. Set a weekly SMART goal for each one. Write your goals here. Check the boxes when you have completed them.</p> <ul style="list-style-type: none"> • _____ • _____ | <input type="checkbox"/> <input type="checkbox"/> |

*SMART goals are specific, measurable, appropriate, realistic, and timely. For example, “On Tuesday and Thursday nights, I will eat chopped apples topped with nonfat, no-sugar-added vanilla yogurt instead of ice cream.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only and is not intended to be a substitute for professional medical advice.

Sources:

- “Explore the DASH diet.” National Heart, Lung, and Blood Institute, Institutes of Health. Available at www.nhlbi.nih.gov/health/health-topics/topics/dash/. Accessed July 10, 2015.
- “Your Guide to Lowering Your Blood Pressure with DASH. National Heart, Lung, and Blood Institute, Institutes of Health.” Available at www.nhlbi.nih.gov/health/resources/heart/hbp-dash-index. Accessed July 10, 2015.



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