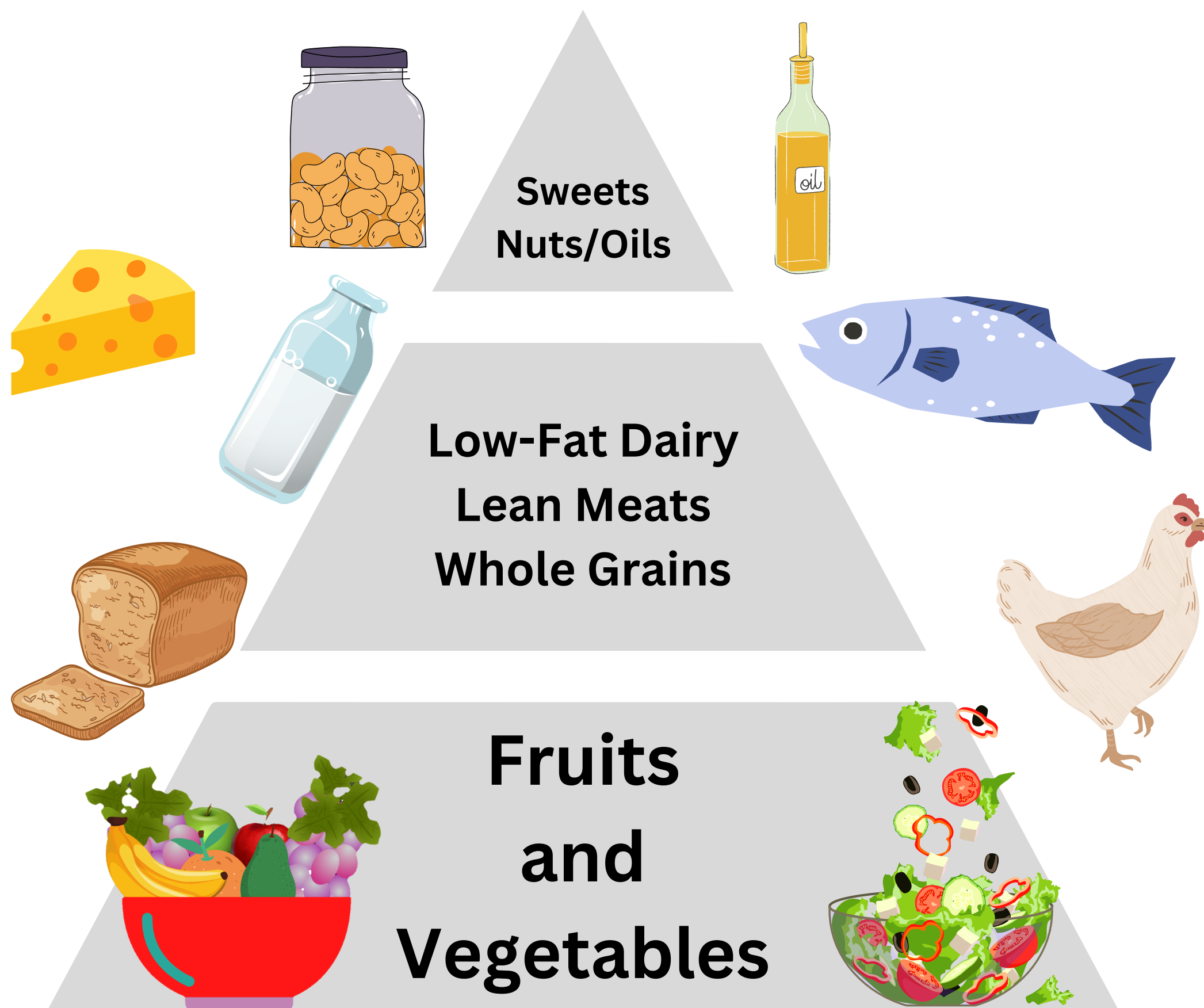


THE DASH EATING PLAN

DECREASES HIGH BLOOD PRESSURE AND BAD CHOLESTEROL

WHAT IS THE DASH PLAN

The DASH eating plan has many proven benefits: decreasing high blood pressure and bad cholesterol. DASH stands for "Dietary Approaches to Stop Hypertension" and its first priority is to help you become healthier in that way. Learn about the DASH eating plan below!

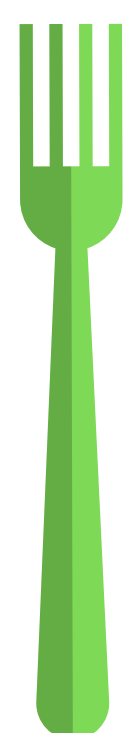


WHY DASH

With the DASH eating plan you can improve your blood pressure AND lower your bad cholesterol (LDL) without medication. This means that you can better your health for yourself and your loved ones in a simple way. Clinical trials have proven the DASH eating plan as an effective at reducing blood pressure and LDL even with moderate adherence to the recommendations. In addition, the DASH plan has weekly goals rather than specific food recommendations which help you stay on track.

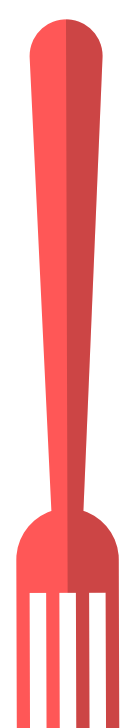


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EAT MORE

- Vegetables
- Fruits
- Whole Grains
- Fat-free or low fat dairy
- Fish and Chicken
- Beans
- Nuts



EAT LESS

- Saturated fats
- Full-fat dairy products
- Sugar-sweetened beverages
- Sodium

SOURCES

- DASH DIET TO STOP HYPERTENSION - NCBI BOOKSHELF (WWW.NCBI.NLM.NIH.GOV/BOOKS/NBK482514/)
- DASH NUTRITION PLAN - SOMOS (SOMOSCOMMUNITYCARE.ORG/DASH/)
- LOWERING YOUR BLOOD PRESSURE WITH DASH - U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (WWW.PBRC.EDU/PDF/DASH%20BOOKLET%20FOR%20WEB.PDF)



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