

DASH
Dietary Approaches
To
Stop Hypertension

by
Various

Compiled by
Campbell M Gold

(2010)

CMG Archives
<http://campbellmgold.com>

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

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Introduction

The following materials describe "Dietary Approaches to Stop Hypertension" (**DASH**).

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Lower Your Blood Pressure

by

Eating Healthier Foods

The DASH Diet

www.dash.bwh.harvard.edu

The silent killer, it's often called. High blood pressure has no signs or symptoms. Its presence often goes unnoticed until the sudden onset of a stroke or heart attack. What can you do to protect yourself from the devastating effects of high blood pressure?

Blood pressure (also known as hypertension) increases as we age. In fact, half of all Americans over age 60 have high blood pressure. Ideally, your blood pressure should be 120/80. If yours is 140/90 or higher, you need to do something to lower it. If you have diabetes, you should keep it less than 130/85 to reduce the risk of heart disease and stroke.

What can you do?

The best thing you can do is to prevent high blood pressure. Studies have shown that what we eat can affect our blood pressure. A few years ago, a diet low in saturated fat, total fat, and cholesterol, and rich in fruits, vegetables, and low-fat dairy foods was found to lower blood pressure in people who had high blood pressure. The diet, called the DASH (Dietary Approaches to Stop Hypertension) diet, is rich in magnesium, potassium and calcium. It's similar to the Food Guide Pyramid which recommends lean meats and low-fat or fat-free dairy products. It also recommends 8-10 servings of fruits and vegetables each day and 4-5 servings a week of nuts, seeds, and dry beans. The high levels of magnesium, potassium, and calcium are thought to contribute to the beneficial effects on blood pressure.

At first, you're going to say you couldn't possibly eat 8-10 servings of fruit and vegetables each day! Well, give it a try! Try to eat two servings each meal plus a fruit for one snack and a vegetable for another snack. An example for breakfast might include one small banana and 6 ounces of orange juice along with a bowl of whole grain cereal and skim milk to give you two servings of fruit. A small apple and a cup of salad greens would give you two servings of fruits/vegetables for lunch. It's not as difficult as it sounds at first. Try to gradually increase your intake of fruits and vegetables to get your body used to the increased fiber. We know we get a lot of benefits from fruits and vegetables. We're only beginning to understand what all these benefits are. That's why supplements aren't a good substitution for whole fruits and vegetables.

In addition to eating healthier foods, try making some other lifestyle changes to help prevent high blood pressure. Weight loss, if you're overweight, can lower blood pressure. Try to get at least 30 minutes of some type of moderate physical activity every day like walking, housework, gardening, or swimming. You'll be amazed at the effect exercise has on your blood pressure. Eating foods with less salt or sodium can lower the blood pressure in people who are salt-sensitive. Studies are being done now to determine how much sodium and salt is advisable to prevent or control high blood pressure. Be sure to limit alcohol intake. And, lastly, take high blood pressure pills if your doctor prescribes them.

Copies of the DASH diet are available from the DASH Website at:

www.dash.bwh.harvard.edu

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Low-Sodium DASH Diet

Lowers Blood Pressure

The effect of reducing dietary salt on controlling hypertension, or high blood pressure, has been surprisingly controversial. But in a recent study, a collaboration of scientists, including researchers from Harvard Medical School and the National Heart, Lung and Blood Institute of the National Institutes of Health, suggest that reducing salt intake may dramatically lower blood pressure in people with or without hypertension, regardless of age, race, or gender.

The trial, known as the Low-Sodium DASH Diet study, tested the effects on blood pressure of lower levels of sodium intake combined with the Dietary Approaches to Stop Hypertension (DASH) diet, which is low in fat and rich in fruits, vegetables, whole grains, and low-fat dairy products. More than 400 subjects were assigned either a typical American diet or the DASH diet for 12 weeks. The salt content of every participant's diet was randomly changed every four weeks to one of three sodium levels: high (3,300 mg), intermediate (2,400 mg), or low (1,500 mg).

The researchers found that with either diet, the lower the salt intake, the lower the blood pressure. But at each sodium level, blood pressure was consistently lower for those on the DASH diet. Moreover, the largest reductions in blood pressure were found among those who followed the DASH diet while consuming 1,500 mg of salt per day, well below the government's recommended daily intake of 2,400 mg, or 1 1/4 teaspoons. This combination worked best for all participants, but particularly for patients with hypertension, whose systolic blood pressure was 11.5 millimeters of mercury (mm Hg) lower than hypertensive participants on the control diet with a high sodium level. The beneficial effect of a lower sodium diet was also more pronounced in women than men and in blacks than people of other races.

Controlling blood pressure reduces the risk of developing complications associated with hypertension, which include heart disease and stroke. New dietary guidelines from the American Heart Association recommend that everyone adopt an eating plan similar to the DASH diet and limit their sodium intake to less than 2,400 mg per day. Other things you can do to keep blood pressure in check include maintaining a healthy body weight, cutting down on dietary fat, and staying active.

Harvard Ed, January 2001 Update

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Foods That Lower Blood Pressure

Foods that lower blood pressure are right in our grocery store. We just need to know what they are and to make the choice to eat them. So, how do we know which foods to choose? The DASH diet has come to our rescue. The good news for all of us is that this eating plan is not difficult to follow. It allows most types of foods, and lots of them, and does not require special or hard-to-prepare dishes.

Based on the Mediterranean diet and research from the National Heart, Lung, and Blood Institute (NHLBI), the DASH diet was developed by the National Institutes of Health (NIH). DASH, which stands for Dietary Approaches to Stop Hypertension, is the most well-researched diet for foods that lower blood pressure that we have available today.

It focuses on getting healthy amounts of whole grains, poultry, fish, and nuts into our diet. It allows low-fat dairy foods and lean red meats. Sweets and sugar-containing beverages are restricted but not eliminated. This healthy eating plan is rich in potassium, magnesium, and calcium and high in fruits and vegetables. It also contains higher concentrations of fiber and protein (18%). Equally important, it asks us to put away the salt shaker and find tasty, healthier ways to season our foods.

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Why We Need The DASH Diet

DASH- Dietary Approaches to Stop Hypertension

by

Sher Harrison

According to research published in a 2009 issue of Harvard Health Publications, an estimated 73 million Americans and 1 billion people worldwide battle hypertension (the medical term for high blood pressure). The NHLBI, which conducted the study, found a direct relationship between hypertension and cardiovascular disease, strokes, and kidney disease. If you're between the ages of 40 and 70, for each 20 mm Hg increase in your systolic reading or 10 mm Hg in your diastolic reading, your risk of cardiovascular disease doubles.

We know that one of the risk factors for high blood pressure is eating an unhealthy diet. With 1 in 3 Americans dealing with hypertension, the NHLBI began a study through some of the most respected medical facilities in the country to uncover the best eating plan for preventing or lowering high blood pressure.

The study consisted of a control diet, which represented the typical American diet, and two other diets. The third diet, which came to be known as the DASH diet, proved most effective. Their findings: Blood pressure was reduced with an eating plan that is low in

- Saturated fat
- Cholesterol
- Total fat that emphasizes fat-free or low-fat milk and milk products

The eating plan also included lots of fruits and vegetables. Doctors saw immediate reductions in blood pressure rates, within two weeks, in those following the DASH eating plan.

The importance of these findings cannot be overestimated: With the DASH findings, we now know how to reduce the risk for the two major diet-related causes of strokes and heart disease: cholesterol and high blood pressure.

A second study added a reduction in sodium (salt) intake to the DASH plan. Participants who followed the DASH plan and ate 1500 mg (2/3 tsp) or less of salt daily saw a significant further decrease in their high blood pressure levels.

Tips for Eating Foods That Lower Blood Pressure

- Eat fresh (vegetables, fruits).
- Make complex carbohydrates (whole grains, such as pasta) central to your meal.
- Make meat a side dish, not the main dish.
- Eat lean meats, poultry, and fish.
- Eat a variety of colors, textures, and tastes, so you don't get bored and go back to old habits..
- Steam, grill, roast, stir-fry; don't fry.
- Eat fruit and other tasty table sugar substitutes.
- Create your own mixture of seasonings to bring out the flavors of food and reduce salt.
- Rinse off salt from canned foods and cured foods if you eat them.
- Modify your favorite recipes to incorporate DASH diet principles.

- Make gradual changes.

Sher Harrison researches and reports on health-related issues. Get more tips on foods that lower blood pressure and download the DASH diet.

Visit highbloodpressurenaturalremedies.org to find out what it all means and learn about other [high blood pressure natural remedies](#).

Article Source: http://EzineArticles.com/?expert=Sher_Harrison

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NHLBI

Eat Right to Help Lower Your High Blood Pressure

National Institutes of Health

National Heart, Lung, and Blood Institute (NHLBI)

National High Blood Pressure Education Program

What is high blood pressure?

It means that my heart has to pump harder than it should to get blood to all the parts of my body. This raises my chances for a stroke, and heart and kidney problems.

Does that mean you could have a stroke, heart attack or kidney failure?

Yes. But if you lower your pressure, you will lower your chances. You should ask about your blood pressure too.

You Can Lower Your Blood Pressure

If it is high, can you really lower it?

Yes, by following these instructions:

- Lose weight, since I weigh too much.
- Be more active.
- Eat fewer foods high in salt and sodium.
- Cut back on alcohol.

The doctor told me what foods to eat and gave me a booklet. This will remind me what to do - to eat some foods more often and others less often.

Lose Weight

First I need to lose weight. Here is what I need to do:

- Eat less fat and calories. This is a good first step.
- Cut back on foods high in sugar like soda and candy.
- Eat smaller amounts of foods at meals.
- Eat fewer snacks during the day.

My blood pressure will probably go down when I lose weight.

Foods High in Fat

- Fats and oils (like butter, margarine, vegetable oils, lard, fat back, salt pork, meat drippings, gravy)
- Fatty meats (like hot dogs, bacon, bologna, salami, corned beef, regular ground beef, ribs, sausage)
- Whole milk, 2% milk, cream, ice cream

- Most cheeses (like cream cheese, cheddar, American)
- Many snack foods (like chips and nuts)
- Fried foods (like fried chicken and French fries)
- Most cakes, pies, and pastries
- Many cookies
- Most fast foods

To Be More Active Everyday

- Take a walk
- Use the stairs
- Get off the bus one or two stops early
- Park farther away from the store
- Go for a bike ride
- Work in the garden
- Go dancing

Fix Foods The Low-Sodium Way

I need to cut down on salt and salty foods. Eating less salt and sodium also can help my blood pressure go down.

I know about salt. But what is sodium? I see it on labels all the time.

Sodium is a part of salt. It also is a part of mixtures used to flavor and preserve foods.

How can we fix good tasting foods with less salt and sodium?

Listen to these tips:

- Try to cook from scratch. Start with foods low in salt and sodium.
- Use herbs, spices, and fruit juices to season food.
- Do not add salt to your food when cooking or at the table.
- Rinse canned foods like tuna and canned vegetables to remove salty juices.

Shake On The Herbs And Spices

- Basil
- Bay Leaf
- Chili Powder
- Cinnamon
- Cumin
- Curry Powder
- Dry Mustard
- Garlic Powder, Not Garlic Salt
- Onion Powder, Not Onion Salt

- Oregano
- Paprika
- Parsley
- Pepper, Black And Red
- Poultry Seasoning
- Thyme
- No-Salt spice blends (try the recipe for Hot 'N Spicy Seasoning)

Some of these herbs and spices sound good. Tonight, I will bake the chicken with some lemon juice and oregano. And in the rice, I will add lots of parsley instead of salt for flavor. Adding herbs will help us to cut back on sodium. And, the food will still be tasty so we won't miss the salt.

Fixing foods this way seems easy enough. I bet we can have some pretty good meals.

This recipe for Hot 'N Spicy Seasoning also sounds good. Maybe I will try it next week.

Hot 'N' Spicy Seasoning

1/4 cup paprika
 2 tablespoons oregano
 2 teaspoons chili powder
 1 teaspoon garlic powder
 1 teaspoon black pepper
 1/2 teaspoon red pepper
 1/2 teaspoon dry mustard

Mix all of the above in a bowl.

Store in airtight container.

Tastes good on meat, poultry, or fish. Instead of salt, sprinkle some on the food and then cook it as you usually do. Or, mix some with plain bread crumbs and then coat the meat with the crumbs. If you like it very spicy, use more.

We could start packing our lunches and snacks for work. It is cheaper than buying lunch and this way we get what is good for us. A lot of food you eat out is high in fat, calories, and sodium.

Snack On...

- Bagels, raisin toast, or English muffins with jelly and a little margarine
- Air-popped popcorn with no salt or butter
- unsalted pretzels and crackers
- Low-fat cookies (animal crackers, fig bars, gingersnaps)
- Fruits, vegetables
- Fruit juices and drinks
- Nonfat frozen yogurt, sherbet, popsicles
- Hard candy, jelly beans

Instead Of...

- Salted popcorn with butter

- Salted pretzels and crackers
- Salted chips
- French fries
- Pork rinds

What about breakfast? I know sausage, bacon, and biscuits are high in sodium and fat.

We can have some cereals, toast, and fruits for breakfast. They are quick to fix and easy to clean up. We could even have leftovers from dinner for breakfast.

Menu Ideas

Breakfast

Shredded wheat with banana
 Skim or 1% milk
 Toast with a little margarine
 Coffee with skim or 1% milk

Lunch

Lean roast beef sandwich on whole wheat bread with lettuce and tomato (easy on the mayonnaise)
 Fig bar cookies
 Apple
 Skim or 1% milk

Snack

Orange

Dinner

Spaghetti with turkey meat sauce
 Steamed green beans with oregano
 Green salad with cucumber, tomato, carrots, and a small amount of oil and vinegar dressing
 Skim or 1% milk
 Nonfat frozen yogurt

Snack

English muffin with jelly and a little margarine

Recipe

Spaghetti with Turkey Meat Sauce

1 teaspoon olive oil
 1 pound ground turkey
 1 can (28 ounce) tomatoes, cut up
 1 cup chopped green pepper
 1 cup chopped onion
 2 cloves garlic, minced
 1 teaspoon oregano
 1 teaspoon pepper
 1 pound spaghetti

Heat oil in a large skillet. Add turkey; cook for 5 minutes, stir a few times. Drain fat.

Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and pepper. Boil; turn down heat. Put lid on pan and let cook on low heat for 15 minutes. Stir a few times.

Take off cover; cook on low heat for 15 minutes more.

In another pot, cook spaghetti in boiling water for 15 minutes. Do not add salt. Drain well. Serve sauce over spaghetti.

Buy Foods Low in Sodium

Most of the foods in these meals are easy to find in the store. But, we will need to change some of the foods we buy.

How do you know if foods are high in sodium?

Sometimes you can taste it. And sometimes you cannot. Your food will have more sodium if you add salt to it. Also, foods that you buy already made can be higher in sodium, like some TV dinners.

I know foods like lunch meats and cheese are salty because I get thirsty after I eat them. They are also high in fat.

When I shop, I always try to buy the food that has the least amount of sodium. I look on the label for the words sodium or salt. The food may be high in sodium if these words are listed first or a couple of times.

Ingredients: wheat flour, salt, sodium sulfate, malt

Also, the amount of sodium is listed on the label.

Nutrition Information

Serving size	
calories	
fat	
sodium	50 mg

Foods marked no salt added, low sodium or reduced sodium are good to buy.

Buy More Often...

- Chicken and turkey (take off skin)
- Fish
- Lean cuts of meat
- Skim or 1% milk, evaporated skim milk
- Cheeses lower in fat and sodium (like low-fat cheddar, part- skim mozzarella)
- Low-fat or nonfat yogurt
- Margarine, vegetable oils, vinegar
- Fresh, frozen, or canned fruit
- Fresh, frozen, or no salt added canned vegetables
- Plain rice and pasta
- English muffins, bagels, loaf breads, tortillas, pita
- Cold (ready-to-eat) cereal and cereals cooked on the stove

- Spices and herbs

Buy less often...

- Fatty cuts of meat
- Smoked foods
- Lunch meats, bacon, and sausage
- Buttermilk
- Most cheese spreads and cheeses
- Most salad dressings
- Fat back, salt pork
- Toppings and sauces (like ketchup, mustard, butter, gravy, and barbecue, soy, and cheese sauces)
- Regular canned soups, instant soups
- Regular canned vegetables
- Instant hot cereals
- Pickles and olives
- Salty crackers and salty snack foods
- Garlic salt, celery salt, and onion salts

Cut Back On Alcohol

The most I can have is 1 or sometimes 2 drinks a day. A small glass of wine, one can of beer, or a shot of liquor counts as one drink. I really do not mind. Lowering my blood pressure is more important than having a beer.

You May Need Medicine

What if your blood pressure does not go down?

The doctor said I will have to take medicine everyday to help lower my pressure. The medicine will work better if I lose weight, eat right, and be more active.

I heard that the medicine can make you feel sleepy.

If the medicine bothers me, the doctor can either change it or change the amount.

Will the medicine cost a lot?

There are many kinds. I can ask the doctor to give me one that works for me and costs the least.

Speak Up and Ask

When the doctor gives any medicine for high blood pressure, ask about:

- When to take it.
- What to eat or drink with it.
- What other medicine is OK to take at the same time.

Expect Your Blood Pressure To Be Lower

It seems like you have a really big role in lowering your blood pressure. You can eat foods lower in sodium, lose weight, be more active, cut back on alcohol, and take your medicine.

And my doctor can help me too. I will have my blood pressure checked again in a few weeks to see how I am doing. I may have to make more changes if it is not low enough. I think I am well on my way to lowering my blood pressure.

Get More Help

Ask your doctor, dietitian, or nurse for more help in choosing foods and fixing meals.

You can also get more information from:

National High Blood Pressure Education Program
P.O. Box 30105
Bethesda, MD 20824-0105

Foods To Choose When You Shop

- Fruits and Vegetables
- Fresh, frozen, canned, or dried fruits (like oranges, apples, bananas, grapes, berries, prunes, peaches, melon, fruit cocktail)
- Fresh, frozen or no salt added canned vegetables (like green beans, carrots, greens, zucchini, cabbage, tomatoes, broccoli, squash)
- Fresh, frozen or canned fruit juices
- Breads, Cereals, Pasta, Rice, Dry Peas and Beans
- Sliced breads (like wheat, rye, or white)
- Sandwich buns, dinner rolls, pita breads, English muffins, bagels
- Taco shells, plain tortillas
- Unsalted low-fat crackers (like graham crackers)
- Cooked hot cereals (not instant)
- Rice
- Pasta (like plain noodles, spaghetti, macaroni)
- Dry peas and beans (like split peas, black-eyed peas, chick peas, kidney beans, navy beans, lentils, soybeans)
- Herbs and Spices

Foods To Choose When You Shop

Print this list and take it along when you shop. Choose these foods more often.

- Meat, Poultry, Fish, and Shellfish
- Chicken or turkey
- Fish
- Lean cuts of meat
- Beef: round, sirloin, chuck arm, loin
- Pork: leg, shoulder, tenderloin
- Lean ham and extra lean ground beef

Dairy Products

- Skim or 1% milk
- Low-fat or nonfat yogurt
- Cheeses lower in fat and sodium
- Fats and Oils (Use only small amounts)
- Margarine (liquid, tub, stick, or diet)
- Oils (like canola, corn, safflower, olive, peanut, or sesame oil)

Sweets and Snacks

(Don't choose these too often, if you are watching your weight. Some may be high in calories)

- Popsicles, frozen yogurt, sherbet
- Angel food cake
- Fig bar cookies, gingersnaps, animal crackers, vanilla wafers, jelly beans, hard candy

Information provided by the NIH.

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NHLBI

Obesity Education Initiative

National Institutes of Health

National Heart, Lung, and Blood Institute (NHLBI)

The National High Blood Pressure Education Program and the NHLBI Obesity Education Initiative are coordinated by the National Heart, Lung, and Blood Institute, National Institutes of Health.

My doctor told me I have high blood pressure.

What is high blood pressure?

It means that my heart has to pump harder than it should to get blood to all the parts of my body. This raises my chances for a stroke, and heart and kidney problems.

Does that mean you could have a stroke, heart attack or kidney failure?

Yes. But if I lower my pressure, I will lower my chances. You should ask about your blood pressure too.

That is a good idea. I will go and get my pressure checked.

You Can Lower Your Blood Pressure

If it is high, can you really lower it?

Yes. That is the good news. The doctor told me to:

- Lose weight, since I weigh too much.
- Be more active.
- Eat fewer foods high in salt and sodium.
- Cut back on alcohol.

The doctor told me what foods to eat and gave me a booklet. This will remind me what to do - to eat some foods more often and others less often.

I feel better knowing that you can lower your blood pressure.

Lose Weight

First I need to lose weight. Here is what I need to do:

- Eat less fat and calories. This is a good first step.
- Cut back on foods high in sugar like soda and candy.
- Eat smaller amounts of foods at meals.
- Eat fewer snacks during the day.

My blood pressure will probably go down when I lose weight.

Foods High in Fat

- Fats and oils (like butter, margarine, vegetable oils, lard, fat back, salt pork, meat drippings, gravy)
- Fatty meats (like hot dogs, bacon, bologna, salami, corned beef, regular ground beef, ribs, sausage)
- Whole milk, 2% milk, cream, ice cream
- Most cheeses (like cream cheese, cheddar, American)
- Many snack foods (like chips and nuts)
- Fried foods (like fried chicken and French fries)
- Most cakes, pies, and pastries
- Many cookies
- Most fast foods

Be More Active

Next, I need to be more active. Being more active also will help me to lose weight and help my blood pressure go down.

To Be More Active Everyday

- Take a walk
- Use the stairs
- Get off the bus one or two stops early
- Park farther away from the store
- Go for a bike ride
- Work in the garden
- Go dancing

These are things that would make me feel better too.

For sure. Doing them with a friend will help me to do them. We can start today. How about taking a walk with me after dinner.

Fix Foods The Low-Sodium Way

I need to cut down on salt and salty foods. Eating less salt and sodium also can help my blood pressure go down.

I know about salt. But what is sodium? I see it on labels all the time.

Sodium is a part of salt. It also is a part of mixtures used to flavor and preserve foods.

How can we fix good tasting foods with less salt and sodium?

Listen to these tips:

- Try to cook from scratch. Start with foods low in salt and sodium.
- Use herbs, spices, and fruit juices to season food.
- Do not add salt to your food when cooking or at the table.

- Rinse canned foods like tuna and canned vegetables to remove salty juices.

Shake On The Herbs And Spices

- Basil
- Bay Leaf
- Chili Powder
- Cinnamon
- Cumin
- Curry Powder
- Dry Mustard
- Garlic Powder, Not Garlic Salt
- Onion Powder, Not Onion Salt
- Oregano
- Paprika
- Parsley
- Pepper, Black And Red
- Poultry Seasoning
- Thyme
- No-Salt spice blends (try the recipe for Hot 'N Spicy Seasoning)

Some of these herbs and spices sound good. Tonight, I will bake the chicken with some lemon juice and oregano. And in the rice, I will add lots of parsley instead of salt for flavor. Adding herbs will help us to cut back on sodium. And, the food will still be tasty so we won't miss the salt.

Fixing foods this way seems easy enough. I bet we can have some pretty good meals.

This recipe for Hot 'N Spicy Seasoning also sounds good. Maybe I will try it next week.

Hot 'N' Spicy Seasoning

1/4 cup paprika
2 tablespoons oregano
2 teaspoons chili powder
1 teaspoon garlic powder
1 teaspoon black pepper
1/2 teaspoon red pepper
1/2 teaspoon dry mustard

Mix all of the above in a bowl.

Store in airtight container.

Tastes good on meat, poultry, or fish. Instead of salt, sprinkle some on the food and then cook it as you usually do. Or, mix some with plain bread crumbs and then coat the meat with the crumbs. If you like it very spicy, use more.

We could start packing our lunches and snacks for work. It is cheaper than buying lunch and this way we get what is good for us. A lot of food you eat out is high in fat, calories, and sodium.

Snack On...

- Bagels, raisin toast, or English muffins with jelly and a little margarine
- Air-popped popcorn with no salt or butter
- unsalted pretzels and crackers
- Low-fat cookies (animal crackers, fig bars, gingersnaps)
- Fruits, vegetables
- Fruit juices and drinks
- Non-fat frozen yogurt, sherbet, popsicles
- Hard candy, jelly beans

Instead Of...

- Salted popcorn with butter
- Salted pretzels and crackers
- Salted chips
- French fries
- Pork rinds

What about breakfast? I know sausage, bacon, and biscuits are high in sodium and fat.

We can have some cereals, toast, and fruits for breakfast. They are quick to fix and easy to clean up.

We could even have leftovers from dinner for breakfast.

I like those ideas. We should think about how to put this together.

Menu Ideas

Breakfast

Shredded wheat with banana
Skim or 1% milk
Toast with a little margarine
Coffee with skim or 1% milk

Lunch

Lean roast beef sandwich on whole wheat bread with lettuce and tomato (easy on the mayonnaise)
Fig bar cookies
Apple
Skim or 1% milk

Snack

Orange

Dinner

Spaghetti with turkey meat sauce
Steamed green beans with oregano
Green salad with cucumber, tomato, carrots, and a small amount of oil and vinegar dressing

Skim or 1% milk
Nonfat frozen yogurt

Snack

English muffin with jelly and a little margarine

Recipe

Spaghetti with Turkey Meat Sauce

1 teaspoon olive oil
1 pound ground turkey
1 can (28 ounce) tomatoes, cut up
1 cup chopped green pepper
1 cup chopped onion
2 cloves garlic, minced
1 teaspoon oregano
1 teaspoon pepper
1 pound spaghetti

Heat oil in a large skillet. Add turkey; cook for 5 minutes, stir a few times. Drain fat.

Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and pepper. Boil; turn down heat. Put lid on pan and let cook on low heat for 15 minutes. Stir a few times.

Take off cover; cook on low heat for 15 minutes more.

In another pot, cook spaghetti in boiling water for 15 minutes. Do not add salt. Drain well. Serve sauce over spaghetti.

These meals sound like something I would like to eat.

They do sound pretty good.

Buy Foods Low in Sodium

Most of the foods in these meals are easy to find in the store. But, we will need to change some of the foods we buy.

How do you know if foods are high in sodium?

Sometimes you can taste it. And sometimes you cannot. Your food will have more sodium if you add salt to it. Also, foods that you buy already made can be higher in sodium, like some TV dinners.

I know foods like lunch meats and cheese are salty because I get thirsty after I eat them. They are also high in fat.

When I shop, I always try to buy the food that has the least amount of sodium. I look on the label for the words sodium or salt. The food may be high in sodium if these words are listed first or a couple of times.

Ingredients: wheat flour, salt, sodium sulfate, malt

Also, the amount of sodium is listed on the label.

Nutrition Information

Serving size
calories

fat
sodium 50 mg

Foods marked no salt added, low sodium or reduced sodium are good to buy.

Buy More Often...

- Chicken and turkey (take off skin)
- Fish
- Lean cuts of meat
- Skim or 1% milk, evaporated skim milk
- Cheeses lower in fat and sodium (like low-fat cheddar, part- skim mozzarella)
- Low-fat or nonfat yogurt
- Margarine, vegetable oils, vinegar
- Fresh, frozen, or canned fruit
- Fresh, frozen, or no salt added canned vegetables
- Plain rice and pasta
- English muffins, bagels, loaf breads, tortillas, pita
- Cold (ready-to-eat) cereal and cereals cooked on the stove
- Spices and herbs

Buy less often...

- Fatty cuts of meat
- Smoked foods
- Lunch meats, bacon, and sausage
- Buttermilk
- Most cheese spreads and cheeses
- Most salad dressings
- Fat back, salt pork
- Toppings and sauces (like ketchup, mustard, butter, gravy, and barbecue, soy, and cheese sauces)
- Regular canned soups, instant soups
- Regular canned vegetables
- Instant hot cereals
- Pickles and olives
- Salty crackers and salty snack foods
- Garlic salt, celery salt, and onion salts

Cut Back On Alcohol

The doctor also said I need to cut back on alcohol.

How much do you need to cut back?

The most I can have is 1 or sometimes 2 drinks a day. A small glass of wine, one can of beer, or a shot of liquor counts as one drink. I really do not mind. Lowering my blood pressure is more important than having a beer.

You May Need Medicine

What if your blood pressure does not go down?

The doctor said I will have to take medicine everyday to help lower my pressure. The medicine will work better if I lose weight, eat right, and be more active.

I heard that the medicine can make you feel sleepy.

If the medicine bothers me, the doctor can either change it or change the amount.

Will the medicine cost a lot?

There are many kinds. I can ask the doctor to give me one that works for me and costs the least.

Speak Up and Ask

When the doctor gives any medicine for high blood pressure, ask about:

- When to take it.
- What to eat or drink with it.
- What other medicine is OK to take at the same time.

Expect Your Blood Pressure To Be Lower

It seems like you have a really big role in lowering your blood pressure. You can eat foods lower in sodium, lose weight, be more active, cut back on alcohol, and take your medicine.

And my doctor can help me too. I will have my blood pressure checked again in a few weeks to see how I am doing. I may have to make more changes if it is not low enough. I think I am well on my way to lowering my blood pressure.

Get More Help

Ask your doctor, dietitian, or nurse for more help in choosing foods and fixing meals.

You can also get more information from:

National High Blood Pressure Education Program
P.O. Box 30105
Bethesda, MD 20824-0105

My Blood Pressure

Date _____ Reading _____

Notes _____

Date _____ Reading _____

Notes _____

Date_____Reading_____

Notes_____

Foods To Choose When You Shop

Fruits and Vegetables

- Fresh, frozen, canned, or dried fruits (like oranges, apples, bananas, grapes, berries, prunes, peaches, melon, fruit cocktail)
- Fresh, frozen or no salt added canned vegetables (like green beans, carrots, greens, zucchini, cabbage, tomatoes, broccoli, squash)
- Fresh, frozen or canned fruit juices
- Breads, Cereals, Pasta, Rice, Dry Peas and Beans
- Sliced breads (like wheat, rye, or white)
- Sandwich buns, dinner rolls, pita breads, English muffins, bagels
- Taco shells, plain tortillas
- Unsalted low-fat crackers (like graham crackers)
- Cooked hot cereals (not instant)
- Rice
- Pasta (like plain noodles, spaghetti, macaroni)
- Dry peas and beans (like split peas, black-eyed peas, chick peas, kidney beans, navy beans, lentils, soybeans)
- Herbs and Spices

Foods To Choose When You Shop

- Meat, Poultry, Fish, and Shellfish
- Chicken or turkey
- Fish

Lean cuts of meat

- Beef: round, sirloin, chuck arm, loin
- Pork: leg, shoulder, tenderloin
- Lean ham and extra lean ground beef

Dairy Products

- Skim or 1% milk
- Low-fat or non-fat yogurt
- Cheeses lower in fat and sodium

Fats and Oils

(Use only small amounts)

- Margarine (liquid, tub, stick, or diet)
- Oils (like canola, corn, safflower, olive, peanut, or sesame oil)

Sweets and Snacks

(Don't choose these too often, if you are watching your weight. Some may be high in calories)

- Popsicles, frozen yogurt, sherbet
- Angel food cake
- Fig bar cookies, gingersnaps, animal crackers, vanilla wafers, jelly beans, hard candy
- Plain popcorn, unsalted pretzels

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Under provisions of applicable public laws enacted by Congress since 1964, no person in the United States shall, on the grounds of race, color, national origin, handicap, or age, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity (or, on the basis of sex, with respect to any education program or activity) receiving Federal financial assistance.

In addition, Executive Order 11141 prohibits discrimination on the basis of age by contractors, and subcontractors in the performance of Federal contracts, and Executive Order 11246 states that no federally funded contractor may discriminate against any employee or applicant for employment because of race, color, religion, sex, or national origin.

Therefore, the National Heart, Lung, and Blood Institute must be operated in compliance with these laws and Executive Orders.

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