



## FACTS ABOUT

# The *DASH* Eating Plan



Research has found that diet affects the development of high blood pressure, or hypertension (the medical term). Recently, two studies showed that blood pressure can be lowered by following a particular eating plan—called the Dietary Approaches to Stop Hypertension (DASH) eating plan—and reducing the amount of sodium consumed.

While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure.

This fact sheet, based on the DASH research findings, tells about high blood pressure, and how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption—2,400 milligrams (the upper limit of current recommendations by the Federal Government's National High Blood Pressure Education Program (NHBPEP) and the amount used to figure food labels' Nutrition Facts Daily Value) and 1,500 milligrams.

Those with high blood pressure may especially benefit from following the eating plan and reducing their sodium intake. But the combination is a heart healthy recipe that all adults can follow.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

National Institutes of Health  
National Heart, Lung, and Blood Institute



## WHAT IS HIGH BLOOD PRESSURE?

Blood pressure is the force of blood against artery walls. It is measured in millimeters of mercury (mmHg) and recorded as two numbers—systolic pressure (as the heart beats) over diastolic pressure (as the heart relaxes between beats). Both numbers are important. (See box 1 below.)

Blood pressure rises and falls during the day. When it stays elevated over time, it's called high blood pressure. High blood pressure is dangerous because it makes the heart work too hard, and the force of its blood flow can harm arteries. High blood pressure often has no warning signs or symptoms. Once it occurs, it usually lasts a lifetime. Uncontrolled, it can lead to heart and kidney disease and stroke.

High blood pressure affects about 50 million—or 1 in 4—adult Americans. High blood pressure is especially common among African Americans who tend to develop it at an earlier age and more often than Whites. It also is common among older Americans—individuals with normal blood pressure at age 55 have a 90 percent lifetime risk for developing hypertension.

High blood pressure can be controlled if you take these steps: maintain a healthy weight; be physically active; follow a healthy eating plan, which includes foods lower in salt and sodium; if you drink alcoholic beverages, do so in moderation; and, if you have high blood pressure and are prescribed medication, take it as directed. All steps but the last also help to prevent high blood pressure.

box 1

### BLOOD PRESSURE LEVELS FOR ADULTS\*

CATEGORY	SYSTOLIC† (MMHg)‡		DIASTOLIC† (MMHg)‡	RESULT
<b>Normal</b>	Less than 120	<i>and</i>	Less than 80	Good for you!
<b>Prehypertension</b>	120–139	<i>or</i>	80–89	Your blood pressure could be a problem. Make changes in what you eat and drink, be physically active, and lose extra weight. If you also have diabetes, see your doctor.
<b>Hypertension</b>	140 or higher	<i>or</i>	90 or higher	You have high blood pressure. Ask your doctor or nurse how to control it.

\* For adults ages 18 and older who are not on medicine for high blood pressure and do not have a short-term serious illness. Source: *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure*; NIH Publication No. 03-5230, National High Blood Pressure Education Program, May 2003.

† If systolic and diastolic pressures fall into different categories, overall status is the higher category.

‡ Millimeters of mercury.

## WHAT IS THE DASH EATING PLAN?

Blood pressure can be unhealthy even if it stays only slightly above the normal level of less than 120/80 mmHg. The higher blood pressure rises above normal, the greater the health risk.

In the past, researchers tried to find clues about what in the diet affects blood pressure by testing various single nutrients, such as calcium and magnesium. These studies were done mostly with dietary supplements and their findings were not conclusive.

Then, scientists supported by the National Heart, Lung, and Blood Institute (NHLBI) conducted two key studies. The first was called “DASH,” and it tested nutrients as they occur together in food. Its findings showed that blood pressures were reduced with an eating plan that is low in saturated fat, cholesterol, and total fat, and that emphasizes fruits, vegetables, and lowfat dairy foods. This eating plan—known as the DASH eating plan—also includes whole grain products, fish, poultry, and nuts. It is reduced in red meat, sweets, and sugar-containing beverages. It is rich in magnesium, potassium, and calcium, as well as protein and fiber.

The DASH study involved 459 adults with systolic blood pressures of less than 160 mmHg and diastolic pressures of 80–95 mmHg. About 27 percent of the participants had hypertension. About 50 percent were women and 60 percent were African Americans.

### Who Helped With DASH?

The DASH study was sponsored by the NHLBI and conducted at four medical centers. There was also a central coordinating center at Kaiser Permanente Center for Health Research in Portland, OR.

The four medical centers were: Brigham and Women’s Hospital, Boston, MA; Duke University Medical Center, Durham, NC; Johns Hopkins University, Baltimore, MD; Pennington Biomedical Research Center, Louisiana State University, Baton Rouge, LA.



DASH compared three eating plans: A plan similar in nutrients to what many Americans consume; a plan similar to what Americans consume but higher in fruits and vegetables; and the DASH eating plan. All three plans included about 3,000 milligrams of sodium daily. None of the plans was vegetarian or used specialty foods.

Results were dramatic: Both the fruits and vegetables plan and the DASH eating plan reduced blood pressure. But the DASH eating plan had the greatest effect, especially for those with high blood pressure. Furthermore, the blood pressure reductions came fast—within 2 weeks of starting the plan.

The second study was called “DASH-Sodium,” and it looked at the effect on blood pressure of a reduced dietary sodium intake as participants followed either the DASH eating plan or an eating plan typical of what many Americans consume. DASH-Sodium involved 412 participants. Their systolic blood pressures were 120–159 mmHg and their diastolic blood pressures were 80–95 mmHg. About 41 percent of them had high blood pressure. About 57 percent were women and about 57 percent were African Americans.

Participants were randomly assigned to one of the two eating plans and then followed for a month at each of three sodium levels. The three sodium levels were: a higher intake of about 3,300 milligrams per day (the level consumed by many Americans); an intermediate intake of about 2,400 milligrams per day; and a lower intake of about 1,500 milligrams per day.



Results showed that reducing dietary sodium lowered blood pressure for both eating plans. At each sodium level, blood pressure was lower on the DASH eating plan than on the other eating plan. The biggest blood pressure reductions were for the DASH eating plan at the sodium intake of 1,500 milligrams per day. Those with hypertension saw the biggest reductions, but those without it also had large decreases.

Those on the 1,500-milligram sodium intake eating plan, as well as those on the DASH eating plan, had fewer headaches. Other than that and blood pressure levels, there were no significant effects caused by the two eating plans or different sodium levels.

DASH-Sodium shows the importance of lowering sodium intake—whatever your eating plan. But for a true winning combination, follow the DASH eating plan *and* lower your intake of salt and sodium.

**FOLLOWING THE DASH EATING PLAN**

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 from those listed, depending on your caloric needs. Use this chart to help you plan your menus or take it with you when you go to the store.

<b>FOOD GROUP</b>	<b>DAILY SERVINGS (EXCEPT AS NOTED)</b>	<b>SERVING SIZES</b>	<b>EXAMPLES AND NOTES</b>	<b>SIGNIFICANCE OF EACH FOOD GROUP TO THE DASH EATING PLAN</b>
<b>Grains and grain products</b>	7–8	1 slice bread 1 oz 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
<b>Vegetables</b>	4–5	1 cup raw leafy vegetable 1/2 cup cooked vegetable 6 oz vegetable juice	Tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	Rich sources of potassium, magnesium, and fiber
<b>Fruits</b>	4–5	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, tangerines	Important sources of potassium, magnesium, and fiber
<b>Lowfat or fat free dairy foods</b>	2–3	8 oz milk 1 cup yogurt 1 1/2 oz cheese	Fat free (skim) or lowfat (1%) milk, fat free or lowfat buttermilk, fat free or lowfat regular or frozen yogurt, lowfat and fat free cheese	Major sources of calcium and protein
<b>Meats, poultry, and fish</b>	2 or less	3 oz cooked meats, poultry, or fish	Select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry	Rich sources of protein and magnesium
<b>Nuts, seeds, and dry beans</b>	4–5 per week	1/3 cup or 1 1/2 oz nuts 2 Tbsp or 1/2 oz seeds 1/2 cup cooked dry beans peas	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils,	Rich sources of energy, magnesium, potassium, protein, and fiber
<b>Fats and oils†</b>	2–3	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)	DASH has 27 percent of calories as fat, including fat in or added to foods
<b>Sweets</b>	5 per week	1 Tbsp sugar 1 Tbsp jelly or jam 1/2 oz jelly beans 8 oz lemonade	Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet, ices	Sweets should be low in fat



\* Equals 1/2 – 1 1/4 cups, depending on cereal type. Check the product’s Nutrition Facts Label.

† Fat content changes serving counts for fats and oils: For example, 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.



## HOW DO I MAKE THE DASH?

The DASH eating plan used in the studies calls for a certain number of servings daily from various food groups. These are given in box 2 on page 5 for 2,000 calories per day. The number of servings you require may vary, depending on your caloric need—box 4 gives the servings for 1,600 and 3,100 calories. If you're trying to lose weight, check box 3 for tips on how to make the DASH eating plan lower in calories.

### box 3

#### HOW TO LOWER CALORIES ON THE DASH EATING PLAN

The DASH eating plan was not designed to promote weight loss. But it is rich in lower calorie foods, such as fruits and vegetables. You can make it lower in calories by replacing higher calorie foods with more fruits and vegetables—and that also will make it easier for you to reach your DASH goals. Here are some examples:

##### To increase fruits—

- Eat a medium apple instead of four shortbread cookies. *You'll save 80 calories.*
- Eat  $\frac{1}{4}$  cup of dried apricots instead of a 2-ounce bag of pork rinds. *You'll save 230 calories.*

##### To increase vegetables—

- Have a hamburger that's 3 ounces of meat instead of 6 ounces. Add  $\frac{1}{2}$  cup serving of carrots and  $\frac{1}{2}$  cup serving of spinach. *You'll save more than 200 calories.*
- Instead of 5 ounces of chicken, have a stir-fry with 2 ounces of chicken and  $1\frac{1}{2}$  cups of raw vegetables. Use a small amount of vegetable oil. *You'll save 50 calories.*

##### To increase lowfat or fat free dairy products—

- Have a  $\frac{1}{2}$  cup serving of lowfat frozen yogurt instead of a  $1\frac{1}{2}$ -ounce milk chocolate bar. *You'll save about 110 calories.*

##### And don't forget these calorie-saving tips—

- Use lowfat or fat free condiments.
- Use half as much vegetable oil, soft or liquid margarine, or salad dressing, or choose fat free versions.
- Eat smaller portions—cut back gradually.
- Choose lowfat or fat free dairy products to reduce total fat intake.
- 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 foods 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.
- Add fruit to plain yogurt.
- Snack on fruit, vegetable sticks, unbuttered and unsalted popcorn, or bread sticks.
- Drink water or club soda.

box 4

## DASH EATING PLAN — NUMBER OF SERVINGS FOR OTHER CALORIE LEVELS

FOOD GROUP	SERVINGS/DAY	
	1,600 CALORIES/DAY	3,100 CALORIES/DAY
Grains and grain products	6	12–13
Vegetables	3–4	6
Fruits	4	6
Lowfat or fat free dairy foods	2–3	3–4
Meats, poultry, and fish	1–2	2–3
Nuts, seeds, and dry beans	3/week	1
Fat and oils	2	4
Sweets	0	2

box 5

## WHERE'S THE SODIUM?

Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing. This table gives examples of the varying amounts of sodium in some foods.

FOOD GROUPS	SODIUM (mg)
<b>Grains and grain products</b>	
Cooked cereal, rice, pasta, unsalted, 1/2 cup	0–5
Ready-to-eat cereal, 1 cup	100–360
Bread, 1 slice	110–175
<b>Vegetables</b>	
Fresh or frozen, cooked without salt, 1/2 cup	1–70
Canned or frozen with sauce, 1/2 cup	140–460
Tomato juice, canned 3/4 cup	820
<b>Fruit</b>	
Fresh, frozen, canned, 1/2 cup	0–5
<b>Lowfat or fat free dairy foods</b>	
Milk, 1 cup	120
Yogurt, 8 oz	160
Natural cheeses, 1 1/2 oz	110–450
Processed cheeses, 1 1/2 oz	600
<b>Nuts, seeds, and dry beans</b>	
Peanuts, salted, 1/3 cup	120
Peanuts, unsalted, 1/3 cup	0–5
Beans, cooked from dried, or frozen, without salt, 1/2 cup	0–5
Beans, canned, 1/2 cup	400
<b>Meats, fish, and poultry</b>	
Fresh meat, fish, poultry, 3 oz	30–90
Tuna canned, water pack, no salt added, 3 oz	35–45
Tuna canned, water pack, 3 oz	250–350
Ham, lean, roasted, 3 oz	1,020



You should be aware that the DASH eating plan has more daily servings of fruits, vegetables, and whole grain foods than you may be used to eating. Because the plan is high in fiber, it can cause bloating and diarrhea in some persons. To avoid these problems, gradually increase your intake of fruit, vegetables, and whole grain foods.

This fact sheet gives menus and recipes for both 2,400 and 1,500 milligrams of daily sodium intake. Twenty-four hundred milligrams of sodium equals about 6 grams, or 1 teaspoon, of table salt (sodium chloride); 1,500 milligrams of sodium equals about 4 grams, or  $\frac{2}{3}$  teaspoon, of table salt. These amounts include all salt consumed—

that in food products, used in cooking, and added at the table. Only small amounts of sodium occur naturally in food. *Processed foods account for most of the salt and sodium Americans consume.* So, be sure to read food labels to choose products lower in sodium. You may be surprised at many of the foods that have sodium. They include soy sauce, seasoned salts, monosodium glutamate (MSG), baking soda, and some antacids—the range is wide.

Because it is rich in fruits and vegetables, which are naturally lower in sodium than many other foods, the DASH eating plan makes it easier to consume less salt and sodium. Still, you may want



#### box 6

#### TIPS TO REDUCE SALT AND SODIUM

- Use reduced sodium or no-salt-added products. For example, choose low- or reduced-sodium, or no-salt-added versions of foods and condiments when available.
- Buy fresh, plain frozen, or canned with “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 or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
- Rinse canned foods, such as tuna, to remove some sodium.





**LABEL LANGUAGE**

Food labels can help you choose items lower in sodium and saturated and total fat. Look for the following labels on cans, boxes, bottles, bags, and other packaging:

PHRASE	WHAT IT MEANS
<b>Sodium</b>	
Sodium free or salt free	Less than 5 mg per serving
Very low sodium	35 mg or less of sodium per serving
Low sodium	140 mg or less of sodium per serving
Low sodium meal	140 mg or less of sodium per 3 1/2 oz (100 g)
Reduced or less sodium	At least 25 percent less sodium than the regular version
Light in sodium	50 percent less sodium than the regular version
Unsalted or no salt added	No salt added to the product during processing
<b>Fat</b>	
Fat free	Less than 0.5 g per serving
Low saturated fat	1 g or less per serving
Lowfat	3 g or less per serving
Reduced fat	At least 25 percent less fat than the regular version
Light in fat	Half the fat compared to the regular version

seeing how DASH compares with your current food habits. Use the “What’s on Your Plate?” form. (See box 11 on page 12.) Fill it in for 1–2 days and see how it compares with the DASH plan. This will help you see what changes you need to make in your food choices.

Remember that some days the foods you eat may add up to more than the recommended servings from one food group and less from another. Similarly, you may have too much sodium on a particular day. Don’t worry. Just be sure that the average of several days or a week comes close to what’s recommended for the f for your chosen daily sodium level.

Finally, use the menus that begin on page 13—or make your own.

One important note: If you take medication to control high blood pressure, you should not stop using it. Follow the DASH eating plan, and talk with your doctor about your drug treatment.



It's easy to adopt the DASH eating plan. Here are some ways to get started:

**Change gradually.**

- If you now eat one or two vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit now or have only juice at breakfast, add a serving to your meals or have it as a snack.
- Gradually increase your use of fat free and lowfat dairy products to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol. Choose lowfat (1 percent) or fat free (skim) dairy products to reduce your intake of saturated fat, total fat, cholesterol, and calories.
- Read food labels on margarines and salad dressings to choose those lowest in saturated fat and trans fat. Some margarines are now trans-fat free.

**Treat meat as one part of the whole meal, instead of the focus.**

- Limit meat to 6 ounces a day (2 servings)—all that's needed. Three to four ounces is about the size of a deck of cards.
- If you now eat large portions of meat, cut them back gradually—by a half or a third at each meal.
- Include two or more vegetarian-style (meatless) meals each week.
- Increase servings of vegetables, rice, pasta, and dry beans in meals. Try casseroles and pasta, and stir-fry dishes, which have less meat and more vegetables, grains, and dry beans.

**Use fruits or other foods low in saturated fat, cholesterol, and calories as desserts and snacks.**

- Fruits and other lowfat foods offer great taste and variety. Use fruits canned in their own juice. Fresh fruits require little or no preparation. Dried fruits are a good choice to carry with you or to have ready in the car.
- Try these snack ideas: unsalted pretzels or nuts mixed with raisins; graham crackers; lowfat and fat free yogurt and frozen yogurt; popcorn with no salt or butter added; and raw vegetables.

**Try these other tips:**

- Choose whole grain foods to get added nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals.
- If you have trouble digesting dairy products, try taking lactase enzyme pills or drops (available at drugstores and groceries) with the dairy foods. Or, buy lactose-free milk or milk with lactase enzyme added to it.
- Use fresh, frozen, or no-salt-added canned vegetables.







## A Week With the DASH Eating Plan

Here is a week of menus from the DASH eating plan. The menus allow you to have a daily sodium level of either 2,400 mg or, by making the noted changes, 1,500 mg. You'll also find that the menus sometimes call for you to use lower sodium, or reduced fat or fat free, versions of products.

The menus are based on 2,000 calories a day—serving sizes should be increased or decreased for other calorie levels. To ease the calculations, some of the serving sizes have been rounded off. Also, some items may be in too small a quantity to have a listed food group serving.

Recipes for starred items are given on the later pages. Some of these recipes give changes that can be used to lower their sodium level. Use the changes if you want to follow the DASH eating plan at 1,500 milligrams of sodium per day.

### DAY 1

Abbreviations: oz = ounce, tsp = teaspoon, Tbsp = tablespoon, g = gram, mg = milligram

2,400 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Dairy	Meat, poultry, and fish	Nuts, seeds, and dry beans	Fats and oils	Sweets
<b>Breakfast</b>											
$\frac{2}{3}$ cup bran cereal	161	$\frac{2}{3}$ cup shredded wheat cereal	3	1							
1 slice whole wheat bread	149			1							
1 medium banana	1					1					
1 cup fruit yogurt, fat free, no sugar added	53						1				
1 cup fat free milk	126						1				
2 tsp jelly	5										$\frac{2}{3}$
<b>Lunch</b>											
$\frac{3}{4}$ cup chicken salad*	201	remove salt from recipe	127					1		1	
2 slices whole wheat bread	299			2							
1 Tbsp Dijon mustard	372	1 Tbsp regular mustard	196								
salad:											
$\frac{1}{2}$ cup fresh cucumber slices	8				1						
$\frac{1}{2}$ cup tomato wedges	1				1						
2 Tbsp ranch dressing, fat free	306	2 Tbsp yogurt salad dressing*	84								
$\frac{1}{2}$ cup fruit cocktail, juice pack	5					1					
<b>Dinner</b>											
3 oz beef, eye of round	52							1			
2 Tbsp beef gravy, lowfat	163	2 Tbsp beef gravy, lowfat, unsalted	5								
1 cup green beans, cooked from frozen	12				2						
1 small baked potato:	7				1						
2 Tbsp sour cream, fat free	28										
2 Tbsp grated cheddar cheese, natural, reduced fat	86	2 Tbsp cheddar cheese, natural, reduced fat, low sodium	1				$\frac{1}{4}$				
1 Tbsp chopped scallions	1										
1 small whole wheat roll	148			1							
1 tsp soft margarine	51	1 tsp soft margarine, unsalted	1							1	
1 small apple	0					1					
1 cup fat free milk	126						1				
<b>Snack</b>											
$\frac{1}{3}$ cup almonds, unsalted	5									1	
$\frac{1}{4}$ cup raisins	2					1					
1 cup orange juice	2					$1\frac{1}{3}$					
<b>Totals</b>				<b>5</b>	<b>5</b>	<b><math>5\frac{1}{3}</math></b>	<b><math>3\frac{1}{4}</math></b>	<b>2</b>	<b>1</b>	<b>2</b>	<b><math>\frac{2}{3}</math></b>

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Calories	2,024	1,998
Total fat	51 g	50 g
Percent calories from fat	23%	23%
Saturated fat	9 g	9 g
Percent calories from saturated fat	4%	4%
Cholesterol	164 mg	164 mg

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Sodium	2,363 mg	1,320 mg
Calcium	1,257 mg	1,338 mg
Magnesium	572 mg	589 mg
Potassium	4,780 mg	4,745 mg
Fiber	34 g	34 g

\* Recipe on page 20.

**DAY 2**



2,400 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Dairy	Meat, poultry, and fish	Nuts, seeds, and dry beans	Fats and oils	Sweets
<b>Breakfast</b>											
1/2 cup instant oatmeal, flavored	104	1/2 cup regular oatmeal, with 1 tsp cinnamon	1	1							
1 mini whole wheat bagel	84			1							
1 medium banana	1					1					
1 cup fat free milk	126						1				
1 Tbsp cream cheese, fat free	75										
<b>Lunch</b>											
chicken breast sandwich:											
2 slices (3 oz) chicken breast, skinless	65							1			
2 slices whole wheat bread	299			2							
1 slice (3/4 oz) American cheese, reduced fat	328	1 slice (3/4 oz) Swiss cheese, natural	54				1/2				
1 large leaf romaine lettuce	1				1/4						
2 slices tomato	4				1/2						
1 Tbsp mayonnaise, lowfat	90									1	
1 medium peach	0					1					
1 cup apple juice	7					1 1/3					
<b>Dinner</b>											
3/4 cup vegetarian spaghetti sauce*	459	Substitute no-salt-added tomato paste (6 oz)*	260		1 1/2						
1 cup spaghetti	1			2							
3 Tbsp Parmesan cheese	349						1/2				
spinach salad:											
1 cup fresh spinach leaves	24				1						
1/4 cup fresh carrots, grated	10				1/2						
1/4 cup fresh mushrooms, sliced	1				1/2						
2 Tbsp vinaigrette dressing†	0									3/4	
1/2 cup corn, cooked from frozen	4				1						
1/2 cup canned pears, juice pack	4					1					
<b>Snack</b>											
1/3 cup almonds	5								1		
1/4 cup dried apricots	3					1					
1 cup fruit yogurt, fat free, no sugar added	107						1				
<b>Totals</b>				<b>6</b>	<b>5 1/4</b>	<b>5 1/3</b>	<b>3</b>	<b>1</b>	<b>1</b>	<b>13/4</b>	<b>0</b>

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Calories	1,977	1,967
Total fat	60 g	59 g
Percent calories from fat	27%	27%
Saturated fat	12 g	13 g
Percent calories from saturated fat	6%	6%
Cholesterol	107 mg	112 mg

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Sodium	2,152 mg	1,577 mg
Calcium	1,351 mg	1,494 mg
Magnesium	502 mg	509 mg
Potassium	4,513 mg	4,440 mg
Fiber	32 g	34 g

\* Recipe on page 20.

† Recipe on page 21.



**DAY 3**

2,400 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Dairy	Meat, poultry, and fish	Nuts, seeds, and dry beans	Fats and oils	Sweets
<b>Breakfast</b>											
3/4 cup wheat flakes cereal	199	2 cups puffed wheat cereal	1	1							
1 slice whole wheat bread	149			1							
1 medium banana	1					1					
1 cup fat free milk	126						1				
1 cup orange juice	5					1 1/3					
1 tsp soft margarine	51	1 tsp soft margarine, unsalted	1							1	
<b>Lunch</b>											
beef barbeque sandwich:											
2 oz beef, eye of round	35							2/3			
1 Tbsp barbeque sauce	156										
2 slices (1 1/2 oz) cheddar cheese, reduced fat	260	2 slices (1 1/2 oz) Swiss cheese, natural	109				1				
1 sesame roll	319			1							
1 large leaf romaine lettuce	1				1/4						
2 slices tomato	22				1/2						
1 cup new potato salad*	12				2						
1 medium orange	0					1					
<b>Dinner</b>											
3 oz cod:											
1 tsp lemon juice	89							1			
1 tsp lemon juice	1										
1/2 cup brown rice, long grain	5			1							
1/2 cup spinach, cooked from frozen	88				1						
1 small corn bread muffin	363	1 small white dinner roll	146	1							
1 tsp soft margarine	51	1 tsp soft margarine, unsalted	1							1	
<b>Snack</b>											
1 cup fruit yogurt, fat free, no added sugar	107						1				
1/4 cup dried fruit	6					1					
2 large graham cracker rectangles	156			1							
1 Tbsp peanut butter, reduced fat	101	1 Tbsp peanut butter, unsalted	3						1/2		
<b>Totals</b>				<b>6</b>	<b>3 3/4</b>	<b>4 1/3</b>	<b>3</b>	<b>1 2/3</b>	<b>1/2</b>	<b>2</b>	<b>0</b>

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Calories	1,984	1,958
Total fat	44 g	46 g
Percent calories from fat	20%	21%
Saturated fat	12 g	13 g
Percent calories from saturated fat	5%	6%
Cholesterol	146 mg	137 mg

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Sodium	2,303 mg	1,519 mg
Calcium	1,490 mg	1,502 mg
Magnesium	495 mg	526 mg
Potassium	4,752 mg	4,759 mg
Fiber	29 g	30 g

\* Recipe on page 21.



## DAY 4

2,400 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings						
				Grains	Vegetables	Fruits	Dairy	Meat, poultry, and fish	Nuts, seeds, and dry beans	Fats and oils
<b>Breakfast</b>										
3/4 cup cornflakes	223	1/2 cup corn grits, with 1 tsp nonfat margarine, unsalted	1	1						
1/2 cup fruit yogurt, fat free, no added sugar	53						1/2			
1 medium apple	0					1				
1 cup grape juice	8					1 1/3				
1 cup fat free milk	126						1			
<b>Lunch</b>										
ham and cheese sandwich:										
2 oz smoked ham, lowfat, low sodium	469	2 oz roast beef, lowfat	35					2/3		
1 slice (3/4 oz) cheddar cheese, natural, reduced fat	130						1/2			
2 slices whole wheat bread	299			2						
1 large leaf romaine lettuce	1				1/4					
2 slices tomato	22				1/2					
1 Tbsp mayonnaise, lowfat	90								1	
1 cup carrot sticks	43				2					
<b>Dinner</b>										
chicken and Spanish rice*	367	substitute no-salt-added tomato sauce (4 oz)*	226	1				1		
1/2 cup green peas, cooked from frozen	70				1					
1 cup cantaloupe	14					2				
1 small whole wheat roll	148			1						
1 cup fat free milk	126						1			
1 tsp soft margarine	51	1 tsp soft margarine, unsalted	1						1	
<b>Snack</b>										
1/3 cup almonds, unsalted	5								1	
1/2 cup fruit cocktail	5					1				
1 cup apple juice	7					1 1/3				
<b>Totals</b>				<b>5</b>	<b>3 3/4</b>	<b>6 2/3</b>	<b>3</b>	<b>1 2/3</b>	<b>1</b>	<b>2</b>

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Calories	2,011	2,050
Total fat	51 g	52 g
Percent calories from fat	23%	23%
Saturated fat	9 g	9 g
Percent calories from saturated fat	4%	4%
Cholesterol	122 mg	142 mg

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Sodium	2,259 mg	1,441 mg
Calcium	1,200 mg	1,203 mg
Magnesium	491 mg	502 mg
Potassium	5,152 mg	4,914 mg
Fiber	32 g	32 g

\* Recipe on page 21.



DAY 5



2,400 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings						
				Grains	Vegetables	Fruits	Dairy	Meat, poultry, and fish	Nuts, seeds, and dry beans	Fats and oils
<b>Breakfast</b>										
3/4 cup frosted shredded wheat	3			1						
2 slices whole wheat bread	299			2						
1 medium banana	1					1				
1 cup fat free milk	126						1			
1 cup orange juice	5					1 1/3				
1 tsp soft margarine	51	1 tsp soft margarine, unsalted	1							1
2 tsp jelly, no added sugar	0									
<b>Lunch</b>										
salad plate:										
1/2 cup tuna salad*	158							1		
1 large leaf romaine lettuce	1				1/4					
6 wheat crackers, fat free	107	6 wheat crackers, fat free, unsalted	18	1						
1/2 cup cottage cheese, 2%	459	1/2 cup cottage cheese, 2%, unsalted	23				1/4			
1 cup canned pineapple, juice pack	2					2				
4 small celery sticks	59				1/2					
2 Tbsp ranch dressing, fat free	306	2 Tbsp yogurt dressing, fat free*	84							
<b>Dinner</b>										
3 oz turkey meatloaf*	62							1		
1 Tbsp catsup	178	2 tsp catsup	119							
1 small baked potato:	7		1		1					
1 tsp soft margarine	51	1 tsp soft margarine, unsalted								1
1 Tbsp sour cream, lowfat	15									
1 scallion stalk, chopped	2									
1 cup collard greens, cooked from frozen	15				2					
1 medium peach	0					1				
1 cup fat free milk	126						1			
<b>Snack</b>										
1 Tbsp peanut butter, reduced fat	101	1 Tbsp peanut butter, reduced fat, unsalted	3							1/2
1/2 medium bagel (3-inch diameter)	152			1						
1/2 cup fruit yogurt, fat free, no added sugar	53						1/2			
<b>Totals</b>				<b>5</b>	<b>3 3/4</b>	<b>5 1/3</b>	<b>2 3/4</b>	<b>2</b>	<b>1/2</b>	<b>2</b>

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Calories	1,947	1,941
Total fat	38 g	40 g
Percent calories from fat	17%	19%
Saturated fat	9 g	10 g
Percent calories from saturated fat	4%	5%
Cholesterol	153 mg	153 mg

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Sodium	2,495 mg	1,493 mg
Calcium	1,293 mg	1,360 mg
Magnesium	429 mg	475 mg
Potassium	4,609 mg	4,826 mg
Fiber	27 g	30 g

\* Recipe on page 22.



**DAY 6**

2,400 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings						
				Grains	Vegetables	Fruits	Dairy	Meat, poultry, and fish	Nuts, seeds, and dry beans	Fats and oils
<b>Breakfast</b>										
1 lowfat granola bar	71			1/2						
1 medium banana	1					1				
1 cup fruit yogurt, fat free, no sugar added	107						1			
1 cup orange juice	2					1 1/3				
1 cup fat free milk	126						1			
<b>Lunch</b>										
turkey breast sandwich:										
3 oz turkey breast	48							1		
2 slices whole wheat bread	299			2						
2 slices (1 1/2 oz) natural cheddar cheese, reduced fat	260	2 slices (1 1/2 oz) cheddar cheese, natural, reduced fat, low sodium	3				1			
1 large leaf romaine lettuce	1				1/4					
2 slices tomato	22				1/2					
2 tsp mayonnaise, lowfat	60									2/3
1 Tbsp Dijon mustard	372	1 tsp regular mustard	60							
1 cup broccoli steamed from frozen	44				2					
1 medium orange	0					1				
<b>Dinner</b>										
3 oz spicy baked fish*	93							1		
1 cup scallion rice†	3			2						
1/2 cup spinach, cooked from frozen	88				1					
1 cup carrots, cooked from frozen	96				2					
1 small whole wheat roll	148			1						
1 tsp soft margarine	51	1 tsp soft margarine, unsalted	1							1
1 cup fat free milk	126						1			
<b>Snack</b>										
2 large rectangle graham crackers	156	3 rice cakes (3 inches in diameter), unsalted	7	1						
1 cup fat free milk	126						1			
1/4 cup dried apricots	3					1				
<b>Totals</b>				<b>6 1/2</b>	<b>5 3/4</b>	<b>4 1/3</b>	<b>5</b>	<b>2</b>	<b>0</b>	<b>1 2/3</b>

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Calories	1,944	1,941
Total fat	31 g	28 g
Percent calories from fat	14%	13%
Saturated fat	8 g	7 g
Percent calories from saturated fat	4%	3%
Cholesterol	180 mg	180 mg

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Sodium	2,331 mg	1,568 mg
Calcium	1,858 mg	1,851 mg
Magnesium	549 mg	572 mg
Potassium	5,555 mg	5,575 mg
Fiber	34 g	35 g

\* Recipe on page 22.

† Recipe on page 23.



## DAY 7

2,400 mg Sodium Menu	Sodium (mg)	Substitutions To Reduce Sodium to 1,500 mg	Sodium (mg)	Number of DASH Food Group Servings							
				Grains	Vegetables	Fruits	Dairy	Meat, poultry, and fish	Nuts, seeds, and dry beans	Fats and oils	Sweets
<b>Breakfast</b>											
1 cup whole grain oat rings cereal	212	1/2 cup regular oatmeal with 1 tsp cinnamon	1	1							
1 medium banana		1				1					
1 cup fruit yogurt, fat free, no sugar added	107						1				
1 cup fat free milk	126						1				
<b>Lunch</b>											
tuna salad sandwich:											
1/2 cup tuna, drained, rinsed	57							1			
1 Tbsp mayonnaise, lowfat	90									1	
1 large leaf romaine lettuce	1				1/4						
2 slices tomato	22				1/2						
2 slices whole wheat bread	299			2							
1 medium apple	0					1					
1 cup fat free milk	126						1				
<b>Dinner</b>											
1/6 recipe zucchini lasagna*	380	substitute unsalted cottage cheese in recipe*	196	3	1		1				
salad:											
1/2 cup fresh spinach leaves	12				1/2						
1/2 cup tomatoes wedges	8				1						
2 Tbsp croutons, seasoned	62	2 Tbsp croutons, plain	26	1/4							
2 Tbsp vinaigrette dressing, reduced fat	312	2 Tbsp vinaigrette dressing†	0							3/4	
1 small whole wheat roll	148			1							
1 cup grape juice	7					1 1/3					
1 tsp soft margarine	51	1 tsp soft margarine, unsalted	1							1	
<b>Snack</b>											
1/3 cup almonds, unsalted	5								1		
2 slices (1 1/2 oz) cheddar cheese, natural, reduced fat	260						1				
6 whole wheat crackers	166	3 large rye wafer crackers, unsalted	1	1							
<b>Totals</b>				<b>8 1/4</b>	<b>3 1/4</b>	<b>3 1/3</b>	<b>5</b>	<b>1</b>	<b>1</b>	<b>2 3/4</b> <b>0</b>	

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Calories	1,980	1,941
Total fat	60 g	56 g
Percent calories from fat	27%	26%
Saturated fat	12 g	12 g
Percent calories from saturated fat	6%	5%
Cholesterol	72 mg	76 mg

Nutrients Per Day	SODIUM LEVEL	
	2,400 mg	1,500 mg
Sodium	2,471 mg	1,498 mg
Calcium	1,587 mg	1,589 mg
Magnesium	527 mg	527 mg
Potassium	4,556 mg	4,588 mg
Fiber	31 g	31 g

\* Recipe on page 23

† Recipe on page 21

## Recipes for Heart Health

Here are some recipes to help you cook up a week of tasty, heart healthy meals. If you're following the DASH eating plan at 1,500 milligrams of sodium per day or just want to reduce your sodium intake, use the suggested recipe changes.

### DAY 1 Chicken Salad

3 <sup>1</sup> / <sub>4</sub>	cups	chicken, cooked, cubed, skinless
1 <sup>1</sup> / <sub>4</sub>	cups	celery, chopped
1	Tbsp	lemon juice
1 <sup>1</sup> / <sub>2</sub>	tsp	onion powder
1 <sup>1</sup> / <sub>8</sub>	tsp	salt
3	Tbsp	mayonnaise, lowfat

Makes 5 servings.

Serving size: 3/4 cup

#### Per Serving:

Calories	183	Sodium	201 mg
Total fat	7 g	Calcium	17 mg
Saturated fat	2 g	Magnesium	25 mg
Cholesterol	78 mg	Potassium	240 mg
Fiber	0 g		

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl, combine all ingredients with chilled chicken and mix well.

#### To reduce sodium:

Do not add salt. New sodium total = 127 mg.



### DAYS 1 and 5

### Yogurt Salad Dressing

8	oz	plain yogurt, fat free
1 <sup>1</sup> / <sub>4</sub>	cup	mayonnaise, fat free
2	Tbsp	chives, dried
2	Tbsp	dill, dried
2	Tbsp	lemon juice

Makes 8 servings.

Serving size: 2 Tbsp

#### Per Serving:

Calories	23	Sodium	84 mg
Total fat	0 g	Calcium	72 mg
Saturated fat	0 g	Magnesium	10 mg
Cholesterol	1 mg	Potassium	104 mg
Fiber	0 g		

Mix all ingredients in bowl and refrigerate.

### DAY 2 Vegetarian Spaghetti Sauce

2	Tbsp	olive oil
2	small	onions, chopped
3	cloves	garlic, chopped
1 <sup>1</sup> / <sub>4</sub>	cups	zucchini, sliced
1	Tbsp	oregano, dried
1	Tbsp	basil, dried
1	8-oz can	tomato sauce
1	6-oz can	tomato paste
2	medium	tomatoes, chopped
1	cup	water

Makes 6 servings.

Serving size: 3/4 cup

#### Per Serving:

Calories	102	Sodium	459 mg
Total fat	5 g	Calcium	42 mg
Saturated fat	1 g	Magnesium	37 mg
Cholesterol	0 mg	Potassium	623 mg
Fiber	5 g		

#### To reduce sodium:

Use a 6-oz can of no-salt-added tomato paste. New sodium total = 260 mg.

1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.





## DAY 2 Vinaigrette Salad Dressing

1	bulb	garlic, separated and peeled
1/2	cup	water
1	Tbsp	red wine vinegar
1/4	tsp	honey
1	Tbsp	virgin olive oil
1/4	tsp	black pepper

Makes 4 servings.

Serving size: 2 Tbsp

Per Serving:

Calories	33	Sodium	0 mg
Total fat	3 g	Calcium	2 mg
Saturated fat	1 g	Magnesium	1 mg
Cholesterol	0 mg	Potassium	9 mg
Fiber	0 g		

1. Place the garlic cloves into a small saucepan and pour enough water (about 1/2 cup) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Increase the heat for 3 minutes, and reduce the liquid to 2 Tbsp.
4. Pour the contents into a small sieve over a bowl and, with a wooden spoon, mash the garlic through the sieve.
5. Whisk the vinegar and honey into the garlic mixture; mix in the oil and seasoning.

## DAY 3 New Potato Salad

16	small	new potatoes (5 cups)
2	Tbsp	olive oil
1/4	cup	green onions, chopped
1/4	tsp	black pepper
1	tsp	dill weed, dried

Makes 5 servings.

Serving size: 1 cup

Per Serving:

Calories	187	Sodium	12 mg
Total fat	6 g	Calcium	21 mg
Saturated fat	1 g	Magnesium	36 mg
Cholesterol	0 mg	Potassium	547 mg
Fiber	3 g		

1. Thoroughly clean the potatoes with a vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into quarters and mix with olive oil, onions, and spices.
5. Refrigerate and serve.



## DAY 4 Chicken and Spanish Rice

1	cup	onions, chopped
1/4	cup	green peppers
2	tsp	vegetable oil
1	8-oz can	tomato sauce
1	tsp	parsley, chopped
1/2	tsp	black pepper
1 1/4	tsp	garlic, minced
5	cup	cooked rice (in unsalted water)
3 1/2	cups	chicken breast, cooked (skin and bone removed), diced

Makes 5 servings.

Serving size: 1 1/2 cups

Per Serving:

Calories	406	Sodium	367 mg
Total fat	6 g	Calcium	45 mg
Saturated fat	2 g	Magnesium	57 mg
Cholesterol	75 mg	Potassium	527 mg
Fiber	2 g		

To reduce sodium:

Use one 4-oz can of no-salt-added tomato sauce and one 4-oz can of regular tomato sauce. New sodium total = 226 mg.

1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken, and heat through.

**DAY 5** Tuna Salad

5

2	6-oz can	tuna, packed in water
1/2	cup	raw celery, chopped
1/3	cup	green onions, chopped
6 1/2	Tbsp	mayonnaise, reduced fat

Makes 5 servings.

Serving size: 1/2 cup

**Per Serving:**

Calories	146	Sodium	158 mg
Total fat	7 g	Calcium	15 mg
Saturated fat	0 g	Magnesium	19 mg
Cholesterol	25 mg	Potassium	201 mg
Fiber	1 g		

1. Rinse and drain tuna for 5 minutes. Break apart with a fork.
2. Add celery, onion, and mayonnaise, and mix well.

**DAY 5** Turkey Meatloaf

5

1	pound	ground turkey, lean
1/2	cup	oats, regular, dry
1	large	egg, whole
1	Tbsp	onion, dehydrated
1/4	cup	catsup

Makes 5 servings.

Serving size: 1 slice (3 oz)

**Per Serving:**

Calories	196	Sodium	217 mg
Total fat	7 g	Calcium	33 mg
Saturated fat	2 g	Magnesium	35 mg
Cholesterol	103 mg	Potassium	292 mg
Fiber	1 g		

1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350°F for 25 minutes or to internal temperature of 165°F.
3. Cut into five slices and serve.

**DAY 6** Spicy Baked Fish

6

1	pound	cod (or other fish) fillet
1	Tbsp	olive oil
1	tsp	spicy seasoning, salt free

Makes 4 servings.

Serving size: 1 piece (3 oz)

**Per Serving:**

Calories	133	Sodium	119 mg
Total fat	1 g	Calcium	20 mg
Saturated fat	0 g	Magnesium	67 mg
Cholesterol	77 mg	Potassium	394 mg
Fiber	0 g		

1. Preheat oven to 350°F. Spray a casserole dish with cooking oil spray.
2. Wash and dry fish. Place in dish. Mix oil and seasoning, and drizzle over fish.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice.

# 6

## DAY 6 Scallion Rice

4 <sup>1</sup> / <sub>2</sub> cups	cooked rice (in unsalted water)
1 <sup>1</sup> / <sub>2</sub> tsp	bouillon granules, unsalted
1/4 cup	scallions (green onions), chopped

Makes 5 servings.

Serving size: 1 cup

1. Cook rice according to directions on the package.
2. Combine the cooked rice, scallions, and bouillon granules, and mix well.
3. Measure 1 cup portions and serve.

### Per Serving:

Calories	185	Sodium	3 mg
Total fat	1 g	Calcium	24 mg
Saturated fat	0 g	Magnesium	20 mg
Cholesterol	0 mg	Potassium	80 mg
Fiber	1 g		



## DAY 7 Zucchini Lasagna

# 7

1/2 pound	cooked lasagna noodles (in unsalted water)
3/4 cup	mozzarella cheese, part-skim, grated
1 <sup>1</sup> / <sub>2</sub> cups	cottage cheese, fat free
1/4 cup	Parmesan cheese, grated
1 <sup>1</sup> / <sub>2</sub> cups	zucchini, raw, sliced
2 <sup>1</sup> / <sub>2</sub> cups	tomato sauce, no salt added
2 tsp	basil, dried
2 tsp	oregano, dried
1/4 cup	onion, chopped
1 clove	garlic
1/8 tsp	black pepper

Makes 6 servings.

Serving size: 1 piece

### Per Serving:

Calories	276	Sodium	380 mg
Total fat	5 g	Calcium	216 mg
Saturated fat	2 g	Magnesium	55 mg
Cholesterol	11 mg	Potassium	561 mg
Fiber	5 g		

1. Preheat oven to 350 °F. Lightly spray a 9 x 13 inch baking dish with vegetable oil spray.
2. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
5. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

### To reduce sodium:

Use unsalted cottage cheese.  
New sodium total = 196 mg.



## MAKING THE DASH TO GOOD HEALTH

The DASH plan is a new way of eating—for a lifetime. If you slip from the eating plan for a few days, don't let it keep you from reaching your health goals. Get back on track. Here's how:

- **Ask yourself why you got off the track.**  
Was it at a party? Were you feeling stress at home or work? Find out what triggered your sidetrack—and start again with the DASH plan.
- **Don't worry about a slip.**  
Everyone slips—especially when learning something new. Remember that changing your lifestyle is a long-term process.
- **See if you tried to do too much at once.**  
Often, those starting a new lifestyle try to change too much at once. Instead, change one or two things at a time. Slowly but surely is the best way to succeed.
- **Break the process down into small steps.**  
This not only keeps you from trying to do too much at once, but also keeps the changes simpler. Break complex goals into smaller, simpler steps, each of which is attainable.
- **Write it down.**  
Use the table on page 12 to keep track of what you eat. This can help you find the problem. Besides noting what you eat, also record: where you are, what you're doing, and how you feel. Keep track for several days. You may find, for instance, that you eat high fat foods while watching television. If so, you could start keeping a substitute snack on hand to eat instead of the high fat foods. This record also helps you be sure you're getting enough of each food group.
- **Celebrate success.**  
Treat yourself to a nonfood treat for your accomplishments.

### Want To Learn More?

Bulk copies of *Facts About the DASH Eating Plan* fact sheet are available at a minimal cost from the NHLBI Health Information Center.

#### For More Information

The NHLBI Health Information Center is a service of the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health. The NHLBI Health Information Center provides information to health professionals, patients, and the public about the treatment, diagnosis, and prevention of heart, lung, and blood diseases. For more information, contact:

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Web site: <http://www.nhlbi.nih.gov>

For more information about hypertension, visit the NHLBI's online guide to lowering high blood pressure. It can be found through the NHLBI Web site at <http://www.nhlbi.nih.gov>—look for special Web pages. You can order "Your Guide to Lowering Blood Pressure" from the NHLBI Web site. Or, order it from the NHLBI Health Information Center—ask for NIH Publication No. 03-5232.

The NHLBI Web site has information on other heart-related topics too. Or, to obtain information on other topics, write to the NHLBI Health Information Center.

To hear recorded messages about high blood pressure prevention and treatment, call toll-free 1-800-575-WELL (9355). The information line also has messages on high blood cholesterol. The messages are available in English and Spanish.

Menus and recipes were analyzed using the Minnesota Nutrition Data System software—Food Data Base version 4.02\_30; Nutrient Data Base version 4.02\_30—developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, MN.



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