

Prepared For:		Date:	
Prepared By:		Contact:	

Hypertension Nutrition Therapy

This diet will help lower your blood pressure, which can reduce the chances that you will have a heart attack or stroke.

This nutrition therapy is sometimes called the DASH (Dietary Approaches to Stop Hypertension) plan. It cuts back on the amount of sodium that you get from food and drink. (Most sodium comes from salt.)

Limiting Sodium

- Even if you are taking medications for your blood pressure, you should still limit how much sodium you consume.
- In general, people with high blood pressure should get between 1,500 milligrams (mg) and 2,300 mg sodium per day.
- Your doctor or dietitian can tell you the specific limit that is right for you.

Tips to Cut Sodium

- In general, foods with more than 300 mg sodium per serving may not fit into your meal plan. You can find out how much sodium is in a food by reading the food label. Remember the amount listed is for one serving, which may be more or less than you eat.)
- Do not salt food at the table; add very little when cooking.
- Choose carefully when you eat away from home. Restaurant foods can be very high in sodium. Let the person taking your order know that you are looking for low-salt or no-salt choices. Many restaurants have special menus or will make food with less salt.

Fats

Eating the right types of fat and avoiding the unhealthy ones helps to reduce the buildup of plaque in your blood vessels. This lowers your risk for strokes or heart attacks.

This eating plan includes heart-healthy kinds of fat. However, it limits saturated and trans fats. (See the chart for foods with each type of fat.)

Type of Fat	Foods With This Type of Fat	Heart Healthy?
Unsaturated fats	Soybean, canola, olive, or sunflower oil Liquid or soft tub margarines	Yes
Omega-3 fatty acids	Fatty coldwater fish, such as salmon, tuna, mackerel, and sardines Flaxseed oil and ground flaxseed	Yes
Saturated fats	Foods with fat from animals (such as fatty meats, whole milk, butter, cream, and other dairy foods made with whole milk) Palm, palm kernel, or coconut oil (tropical oils)	No
<i>Trans</i> fats	All foods made with hydrogenated oil (Read Nutrition Facts labels: hydrogenated oil may be found in fried foods, crackers, chips, and baked goods made with margarine or shortening.)	No

Maintaining a Healthy Weight

If you need to lose weight, the DASH plan can help you because it limits high-fat foods and refined carbohydrates. These foods can be high in calories but don't contain many healthy nutrients. Talk to your doctor about what a healthy weight is for you, and set goals to reach that weight. Your doctor can also help you make a plan to get regular physical exercise.

Foods Recommended

Food Group	Foods Recommended
Grains	Breads and cereals, especially those made with whole grains such as oats, barley, rye, or whole wheat Pasta, especially when made with whole grains Brown rice Low-fat, low-sodium crackers and pretzels
Vegetables	Fresh, frozen, or canned vegetables without added fat or salt Highly colored vegetables, such as broccoli, greens, sweet potatoes, and tomatoes are especially good for you
Fruits	Fresh, frozen, canned, or dried fruit
Milk and Milk Products	Nonfat (skim), ½% fat or 1% fat milk Nonfat or low-fat yogurt Nonfat, low-sodium cottage cheese Fat-free and low-fat, low-sodium cheese
Meat and Other Protein Foods	Fish (especially fatty fish, such as salmon, fresh tuna, or mackerel) Lean cuts of beef and pork (loin, leg, round, extra lean hamburger) Low-sodium cold cuts made with lean meat or soy protein Skinless poultry Venison and other wild game Unsalted nuts and nut butters Dried beans and peas Low-sodium meat alternatives made with soy or textured vegetable protein Egg whites or egg substitute
Fats and Oils	Unsaturated oils (soybean, olive, canola, sunflower, safflower) Soft or liquid margarines and vegetable oil spreads Salad dressings (nonfat or made with unsaturated oil) Seeds Avocado
Other	Herbs and spices to add flavor to replace salt Unsalted, low-fat snack foods, such as unsalted pretzels or plain popcorn Fat-free or low-fat sweets, such as maple syrup, jelly beans, hard candy, or sorbet

Foods Not Recommended

Food Group	Foods Not Recommended
Grains	Baked goods made with hydrogenated fat or saturated fat Any grain foods that are high in sodium or added sugar
Vegetables	Canned vegetables (unless they are low sodium or salt free) Pickles; vegetables packed in brine, such as sauerkraut or olives Fried or breaded vegetables; vegetables in cream or butter sauces
Fruits	Fried fruits; fruits in cream or butter sauces
Milk and Milk Products	Whole and 2% fat milk; cream Cheese (except for nonfat or low-fat, low-sodium types) Processed cheese products Foods made from whole milk or cream (such as ice cream or half-and-half)
Meat and Other Protein Foods	Canned or smoked meat or fish Marbled or fatty meats (such as bacon, sausage, hot dogs, regular hamburger) Whole eggs and egg yolks Poultry with skin High-sodium lunch or deli meats (such as salami) Canned beans (unless they are low-sodium or salt-free)
Fats and Oils	Solid cooking fats (shortening, butter, stick margarine) Tropical oils (palm, palm kernel, or coconut oil)
Other	Salt, seasoning mixes made with salt Soy sauce, miso Canned or dried soups (except for low-fat, low-sodium types) Bouillon cubes Catsup, barbeque sauce, worcestershire sauce Jarred or bottled salsa (homemade without salt is fine) Sugary drinks (such as soda or fruit drinks) Snack foods made with hydrogenated oil, shortening, or butter High-sodium snack foods (chips, pretzels, salted nuts) High-fat, high-sugar desserts High-fat gravies and sauces Premade foods (boxed pasta mixes, frozen dinners, and so on) if high in sodium or fat
Alcohol	Women: No more than 1 drink per day. Men: No more than 2 drinks per day. (1 drink = 5 ounces [oz] wine, 12 oz beer, or 1½ oz liquor)

Hypertension (High Blood Pressure) Sample 1-Day Menu

Breakfast	6 oz orange juice 1 cup raisin bran cereal 1/8 cup raisins 1 cup low-fat milk
Lunch	3/4 cup chopped chicken breast 1 tablespoon low-fat mayonnaise 1/2 large pita bread 3 sticks carrots 2 radishes 2 lettuce leaves 1 cup low-fat fruit yogurt 1 cup iced tea, unsweetened
Evening Meal	4 oz herb baked fish 1 cup pasta 1/2 cup steamed broccoli, with pasta 1/2 cup stewed tomatoes, with pasta 1/2 cup bell peppers, with pasta 1/2 cup raw spinach, salad 1/4 cup cherry tomatoes, salad 1 tablespoon slivered almonds, salad 1 tablespoon light Italian salad dressing 1 whole wheat dinner roll 1 teaspoon margarine 1 cantaloupe wedge 1 cup water, with lemon wedge
Evening Snack	1 banana 1/2 cup light ice cream 1/2 cup fat-free (skim) milk

Hypertension (High Blood Pressure) Vegan Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> 1 cup cooked oatmeal 2 tablespoons ground flaxseed 1 orange 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
Morning Snack	<ul style="list-style-type: none"> ¼ cup cashews, without salt 1 apple
Lunch	<ul style="list-style-type: none"> 1 cup spaghetti squash without salt ½ cup black beans, low sodium ½ cup tomato sauce without salt 1 cup spinach salad 1 tablespoon balsamic vinegar 1 tablespoon olive oil 1 cup strawberries 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
Evening Meal	<ul style="list-style-type: none"> Stir fry made with: 1 cup brown rice ½ cup calcium-set firm tofu 1½ cup frozen broccoli, cauliflower, and carrots 1 cup cantaloupe
Evening Snack	<ul style="list-style-type: none"> 6 ounces fruit soy yogurt

Hypertension (High Blood Pressure) Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none"> 1 cup cooked oatmeal 2 tablespoons ground flaxseed 2 scrambled egg whites 1 banana 1 cup fat-free milk
Lunch	<ul style="list-style-type: none"> 1 whole wheat pita ¼ cup shredded fat-free mozzarella cheese 2 tablespoons hummus 1 cup spinach 2 slices tomato 1 apple 1 cup fat-free milk
Evening Meal	<ul style="list-style-type: none"> Soup made with: ½ cup vegetable broth ½ cup water ½ cup cooked whole wheat pasta shells ½ cup calcium-set tofu ½ cup chickpeas ½ cup frozen broccoli 1 slice whole wheat bread 1 tablespoon margarine, soft, tub, without salt
Evening Snack	<ul style="list-style-type: none"> 1 cup plain yogurt ¼ cup mixed nuts, without salt

Notes

