

DASH Eating Plan

The DASH (Dietary Approaches to Stop Hypertension) eating plan can help lower blood pressure and keep your heart healthy.

Foods to Include



Vegetables & Fruits



Whole Grains



Low-Fat or Fat Free Dairy



Beans & Lentils



Nuts & Seeds



Fish



Vegetable Oils



Poultry

Foods to Limit



- **Red, fatty, and fried meats**
- **High fat dairy (butter, cream, full-fat milk and cheese)**
- **Sugary drinks**
- **Sweets**
- **Sodium (from salt and packaged / restaurant foods)**

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