

# 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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