



Good for you

Eat your way to lower blood pressure

Ready to try a new approach to eating?

Lowering your blood pressure can be a challenge — we get it. But by making just a few changes to your diet, you can start taking control of your health. The DASH eating plan — or Dietary Approaches to Stop Hypertension — is a heart-healthy approach to eating that's proven to help lower blood pressure and cholesterol.

Don't worry, you'll still be able to enjoy the foods you love with the DASH plan. That's because DASH isn't all about

limits — it's about eating more of the good, heart-healthy food and less of the rest. And the DASH plan includes more of food you probably already enjoy eating, such as:

- Fruits and vegetables
- Beans, seeds and nuts
- Whole grains
- Fat-free or low-fat dairy products
- Fish, poultry and other lean protein

Getting started with DASH

Ready to start using the DASH eating plan?

Good for you! Making a plan is a great way to get started and boost your chances of success. Your plan should include short-term goals (habits you can stick to every day) and long-term goals (goals you might want to reach in 6–12 months).

The suggestions below can help you fit the DASH eating plan into your life. Making these changes, even one at a time, can help you reach your health goals. And once you take the first step, you'll be on your way.

Other ways to lower your blood pressure

The DASH eating plan is one key part of a heart-healthy lifestyle. You can also make other changes to help support your goal to lower your blood pressure, such as:

- Losing excess weight
- Reducing your sodium intake
- Exercising at least 30 minutes a day
- Drinking alcohol in moderation
- Taking medicine as prescribed
- Quitting smoking
- Getting plenty of sleep
- Managing stress

Here are some heart-healthy changes you can make now:



Add fresh vegetables to your favorite dishes — even prepared foods, like frozen pizza.



Take fruit to work or school for a snack, so you won't be as tempted by unhealthy snacks.



Substitute heart-healthy olive oil for butter and margarine when you can.



Choose whole grain foods, including whole-wheat bread or whole-grain cereals.



Treat meat as one part of the meal, instead of the focus. Try two or more meatless meals a week.



Eat more beans. Try adding chickpeas to salads and making lentil or split pea soup.



Drink fat-free or low-fat milk. You'll save calories, and it's packed with nutrients that lower blood pressure.

The DASH plan is a heart-healthy approach to eating that's proven to help lower blood pressure.

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