



the Heart Truth

*May is National High Blood Pressure
Awareness Month & National Bike
month*

DID YOU KNOW?

1 in
every 5

*women in the USA die from heart
related disease each year*





D.A.S.H eating plan:

Dietary Approach to
Stop Hypertension



Let's talk about DASH

"The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less sodium; sweets, added sugars, and beverages containing sugar; fats; and red meats than the typical American diet. This heart-healthy way of eating is also lower in saturated fat, trans fat, and cholesterol and rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, calcium, protein, and fiber."

The DASH eating plan is designed for consuming a wide variety of whole foods rich in nutrients, low in saturated fats, sodium, and sugar.

Combined with exercise and healthy lifestyle changes, this plan promotes decreased blood pressure and even positive weight loss.

Following the DASH Eating Plan

Use this chart to help clients plan their menus—or take it with them when they go to the store.

Food group	Servings per day			Serving sizes	Examples and notes	Significance of each food group to the DASH eating plan
	1,600 kcal	2,000 kcal	2,600 kcal			
Grains*	6	6–8	10–11	1 slice bread 1 oz dry cereal ½ cup cooked rice, pasta, or cereal	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn	Major sources of energy and fiber
Vegetables	3–4	4–5	5–6	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4	4–5	5–6	1 medium fruit ½ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Rich sources of potassium, magnesium, and fiber
Fat-free or low-fat milk and milk products	2–3	2–3	3	1 cup milk or yogurt 1½ oz cheese	Fat-free (skim) or low-fat (2%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese, fat-free or low-fat regular or frozen yogurt	Major sources of calcium and protein
Lean meats, poultry, and fish	3–6	6 or fewer	6	1 oz cooked meats, poultry or fish 1 egg	Select only lean meats; trim away visible fat; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, and legumes	3 per week	4–6	1	½ cup or 1½ oz nuts 2 T peanut butter 2 T or ½ oz seeds ½ cup cooked legumes (dry beans and peas)	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
Fats and oils	2	2–3	3	1 tsp soft margarine 1 tsp vegetable oil 1 T mayonnaise 2 T salad dressing	Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27% of calories as fat, including fat in or added to foods
Sweets and added sugars	0	5 or fewer per week	≤2	1 T sugar 1 T jelly or jam ½ cup sorbet, gelatin 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat

Move to the Beat

Exercising for 150-300 min/week

Resistance training

Stretching & Meditation

What are some challenges you are facing in your exercise routine?

What type of accountability would be helpful to boost your exercise routine?





Build a *better* plate

**Which food group do you find
challenging to balance on your plate?**

Grains

4–5 SERVINGS PER DAY

Sources of fiber
and magnesium

SERVING SIZE

1 slice bread
1 oz dry cereal
½ cup cooked rice,
pasta, or cereal

EXAMPLES

Oatmeal, grits, brown
rice, unsalted pretzels
and popcorn, whole
grain cereal, whole
wheat bread, rolls,
pasta, English muffin,
pita bread, bagel

Vegetables

3–4 SERVINGS PER DAY

Sources of potassium,
magnesium, and fiber

SERVING SIZE

1 cup raw leafy
vegetable
½ cup cut-up raw or
cooked vegetable
½ cup vegetable juice

EXAMPLES

Broccoli, carrots,
collards, green beans,
green peas, kale,
lima beans, potatoes,
spinach, squash, sweet
potatoes, tomatoes

Fruits

3–4 SERVINGS PER DAY

Sources of potassium,
magnesium, and fiber

SERVING SIZE

1 medium fruit
¼ cup dried fruit
(unsweetened)
½ cup fresh, frozen, or
canned fruit, or fruit juice

EXAMPLES

Apples, apricots,
bananas, dates, grapes,
oranges, grapefruit,
grapefruit juice, man-
goes, melons, peaches,
pineapples, raisins,
strawberries, tangerines

Dairy

2–3 SERVINGS PER DAY

Sources of calcium
and protein

SERVING SIZE

1 cup milk
1 cup yogurt
1½ oz cheese

EXAMPLES

Fat-free (skim) or
low-fat (1%) milk or
buttermilk; fat-free,
low-fat, or reduced-fat
cheese; fat-free or
low-fat regular or
frozen yogurt; fortified
soy beverage; lactose-
free products

Lean Meats, Fish, Poultry, and Eggs

3 SERVINGS OR LESS PER DAY

Sources of protein
and magnesium

SERVING SIZE

1 oz cooked meats,
fish, or poultry
1 egg

EXAMPLES

Chicken or turkey
without skin; salmon,
tuna, trout; lean cuts
of beef, pork, and lamb

Fats and Oils

1 SERVING PER DAY

Sources of energy
and vitamin E

SERVING SIZE

1 tsp soft margarine
1 tsp vegetable oil
1 tbsp mayonnaise
2 tbsp salad dressing

EXAMPLES

Soft margarine, vegeta-
ble oil (such as canola,
corn, olive, or safflower),
low-fat mayonnaise,
light salad dressing

Nuts, Seeds, and Legumes

3 SERVINGS PER WEEK

Sources of energy,
magnesium, protein,
and fiber

SERVING SIZE

½ cup or 1½ oz nuts
(unsalted)
2 tbsp peanut butter
2 tbsp or ½ oz seeds
½ cup cooked legumes
(dry beans and peas)

EXAMPLES

Almonds, hazelnuts,
mixed nuts, peanuts,
walnuts, sunflower seeds,
peanut butter, kidney

Sweets and Added Sugars

3 SERVINGS OR LESS PER WEEK

Sweets should
be low in fat

SERVING SIZE

1 tbsp sugar
1 tbsp jelly or jam
½ cup sorbet, gelatin
1 cup lemonade

EXAMPLES

Fruit-flavored gelatin,
fruit punch, hard candy,
jelly, maple syrup,
sorbet and ices, sugar

Soluble Fiber
vs.
Insoluble Fiber

Whole grains
Vegetables
Starchy Vegetables
Fruits



Make
Friends with
Fiber



Benefits:

Lowers total cholesterol and LDL cholesterol,
reducing the risk of heart disease
Regulates blood sugar

Functions:

Binds with fatty acids
Prolongs stomach emptying time, slowing
the absorption of glucose

Food Sources:

Oat/Oat bran, Dried beans and peas,
Barley, Fruits such as oranges and apples,
Flaxseed, and psyllium husk



Soluble Fiber

Benefits:

Promotes regular bowel movements and prevent constipation.

Reduces transit time in the colon.

Helps prevent colon cancer by keeping an optimal pH in the intestinal microbes from producing cancerous substances.

Functions:

Moves bulk through intestines

Controls and balances pH in intestine

Food Sources:

Vegetables

Fruit skins and root vegetable skins

Whole wheat, Corn bran

Oat bran, seeds and nuts

Insoluble Fiber

Make opportunities

to reduce stress

Decreasing stress in your life helps reduce stress on your heart

Where can you make adjustments in your routine to help decrease stress?



Your heart will thank you

making a change can be as easy as



Playing together



Hydration



Eating together

Resources for Success

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth>

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress>

<https://www.eatright.org/health/wellness/heart-and-cardiovascular-health/love-your-heart-love-your-food>