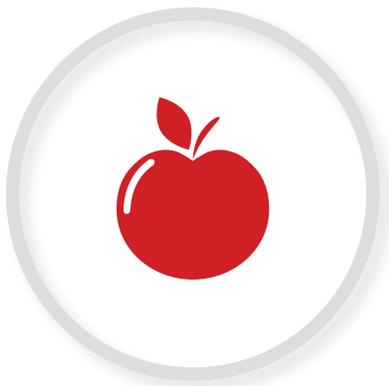


Nutrition: Hypertension Nutrition Therapy



WHY WAS NUTRITION THERAPY PRESCRIBED?

Hypertension (High Blood Pressure) Nutrition Therapy using the DASH-sodium meal plan reduces sodium (salt) in your meal plan and adds more fruits, vegetables, and fat-free or low-fat milk products.

This nutrition therapy was prescribed to help you lower your blood pressure so that you can feel better. It will also help prevent a heart attack or stroke. Even if you are taking a drug to control your blood pressure, don't eat much salt.

This will help your drug to work well. Eating the right amount of foods with potassium (fruits and vegetables) and calcium (dairy products) can also help you lower your blood pressure.

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 and 2,400 milligrams (mg) of 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.

POTASSIUM AND CALCIUM.

The minerals potassium and calcium can help to lower blood pressure. Fat-free and low-fat milk and dairy foods are rich in these minerals. You can also get calcium and potassium by eating plenty of fruits and vegetables. Fruits, vegetables, and whole grain foods also provide fiber and many other nutrients that can help keep you healthy.

FATS.

Eating the right types of fat and avoiding the unhealthy ones helps to reduce the build up 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	<ul style="list-style-type: none"> ● Soybean, canola, olive, or sunflower oil ● Liquid or soft tub margarines 	● Yes
Omega-3 Fatty Acids	<ul style="list-style-type: none"> ● Fatty coldwater fish, such as salmon, tuna, mackerel, and sardines ● Flaxseed oil and ground flaxseed 	● Yes
Saturated Fats	<ul style="list-style-type: none"> ● 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
Trans Fats	<ul style="list-style-type: none"> ● All foods made with hydrogenated oil (Read ingredients: 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.

RECOMMENDED FOODS.

Remember, most foods should have less than 300 mg sodium per serving and have little or no saturated fat or trans fat.

Food Group	Recommended Foods
Grains	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● Fresh, frozen, canned, or dried fruit
Milk	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● 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

Food Group	Recommended Foods
Fats and Oils	<ul style="list-style-type: none"> ● Unsaturated oils (soybean, olive, canola, sunflower, safflower) ● Soft or liquid margarines and vegetable oil spreads (trans-fat free) ● Salad dressings (nonfat or made with unsaturated oil) ● Seeds ● Avocado
Other	<ul style="list-style-type: none"> ● 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.

Remember, most foods should have less than 300 mg sodium per serving and have little or no saturated fat or trans fat.

Food Group	Foods Not Recommended
Grains	<ul style="list-style-type: none"> ● Baked goods made with hydrogenated fat or saturated fat ● Any grain foods that are high in sodium or added sugar
Vegetables	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● Fried fruits; fruits in cream or butter sauces
Milk	<ul style="list-style-type: none"> ● 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)

Food Group	Foods Not Recommended
Meat and Other Protein Foods	<ul style="list-style-type: none"> ● 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	<ul style="list-style-type: none"> ● Solid cooking fats (shortening, butter, stick margarine) ● Tropical oils (palm, palm kernel, or coconut oil)
Alcohol	<ul style="list-style-type: none"> ● Women: No more than 1 drink per day. ● Men: No more than 2 drinks per day. <p>(1 drink = 5 ounces wine, 12 ounces beer, or 1½ ounces liquor)</p>
Other	<ul style="list-style-type: none"> ● 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

SAMPLE 1-DAY MENU.

Breakfast	<ul style="list-style-type: none"> ● 6 ounces orange juice ● 1 cup raisin bran cereal with 1 cup 1%-fat milk
Lunch	<ul style="list-style-type: none"> ● ¾ cup chicken salad (chicken breast seasoned with celery, lemon juice, onion powder, and low-fat mayonnaise) ● ½ large pita bread ● 3 or 4 sticks of carrot and celery, 2 radishes, 2 lettuce leafs ● 8 oz low-fat fruit yogurt ● 1 cup iced tea
Evening Meal	<ul style="list-style-type: none"> ● 3 or 4 ounces herb-baked fish ● 2 cups pasta primavera (1 cup pasta, no-salt seasoning mix, ½ cup steamed broccoli, ½ cup stewed tomatoes and bell peppers) ● Spinach salad (½ cup raw spinach, 2 cherry tomatoes, 2 slices cucumber, 1 tablespoon slivered almonds, 1 tablespoon light Italian salad dressing) ● 1 whole wheat dinner roll with 1 teaspoon soft margarine ● 1 cantaloupe wedge ● Water with lemon wedge
Snacks	<ul style="list-style-type: none"> ● Milkshake made with 1 banana, ½ cup low-fat ice cream, and ½ cup skim milk

NUTRIENT ANALYSIS FOR SAMPLE MENU.

Calories: 1878
 Protein: 105 g
 Carbohydrate: 276 g
 Fat: 46 g

Sodium: 1781 mg
 Potassium: 5541 mg
 Calcium: 1284 mg
 Magnesium: 490 mg

CLIENT NAME : _____ DATE : _____

DIETITIAN / DIETETIC TECHNICIAN : _____

PHONE : _____ EMAIL : _____