

DASH Diet	Foods to Eat	Foods to avoid	Questionable or Decrease Consumption	Possible Other Names to Avoid
<p>DASH stands for Dietary Approaches to Stop Hypertension. The DASH diet is a lifelong approach to healthy eating that's designed to help treat or prevent high blood pressure (hypertension). The DASH diet encourages you to reduce the sodium in your diet and eat a variety of foods rich in nutrients that help lower blood pressure, such as potassium, calcium, and magnesium.</p> <p><i>Mayo Clinic</i></p> <p><i>Chewfo</i></p>	<p>Fruits. Choose a variety of fresh fruits, such as apples, oranges and bananas. Add variety by looking beyond the ordinary to apricots, dates and berries. Select fruit canned in its own juice, not in heavy syrup, and frozen fruit without added sugar.</p> <p>Vegetables. Buy fresh, frozen or canned vegetables, such as tomatoes, carrots, broccoli and spinach. Choose frozen vegetables without added salt or butter or sauces and opt for canned vegetables low in sodium.</p> <p>Low-fat dairy products. Look for lower fat dairy options when buying milk, buttermilk, cheeses, yogurt and sour cream.</p> <p>Grains. Aim for whole-grain and low-fat varieties of bread, bagels, pitas, cereal, rice, pasta, crackers and tortillas. Compare labels and choose the items lower in sodium.</p> <p>Nuts, seeds, and legumes. Almonds, walnuts, kidney beans, lentils, chickpeas (garbanzos) and sunflower seeds are among the healthy options. But get the unsalted or low-salt varieties.</p> <p>Lean meats, Poultry and fish. Opt for lean selections, such as fish, skinless chicken and turkey, pork tenderloin, extra-lean ground beef, and round or sirloin beef cuts. Avoid canned, smoked or processed meats, such as deli meats.</p> <p>Condiments, seasonings and spreads. Herbs, spices, flavored vinegars, salsas and olive oil can add zest to your meals without the salt overload. Choose low- or reduced-sodium versions of condiments.</p> <p><i>Mayo Clinic</i></p>	<p>Standard DASH diet. You can consume up to 2,300 milligrams (mg) of sodium a day.</p> <p>Lower sodium DASH diet. You can consume up to 1,500 mg of sodium a day.</p> <p>Fats – not heart healthy Saturated fats, including coconut oil, palm oil, and foods containing them.</p> <p>Trans fats / partially hydrogenated fats and foods containing them – these include many pastries, cookies, and snack crackers, which either contain trans fats or have replaced them with coconut oil or palm oil. Limit fats high in omega-6 fatty acids, such as corn oil, soybean oil (often called vegetable oil), and safflower oil. You can have butter rarely and in small amounts – choose it for special meals for its flavor.</p> <p>Sugary foods Sugar, honey, agave, molasses, maple syrup, and other sugars Baked goods and pastries. Soda with sugar Candies etc. Energy bars Any other sugary foods</p> <p><i>Chewfo</i></p>	<p>Rinse it off. Rinse canned foods, such as tuna, beans, and vegetables, before using to wash away some excess salt.</p> <p>Beware of broth. Sauté onions, mushrooms or other vegetables in water or a little low-sodium broth. But because even low-sodium broth can add lots of unnecessary sodium, sometimes a healthy oil may be the best option.</p> <p>Make lower fat substitutions. Use lower fat dairy products, such as reduced-fat cream cheese and fat-free sour cream, instead of their higher fat counterparts.</p> <p>Cut back on meat. Prepare stews and casseroles with only two-thirds of the meat the recipe calls for, adding extra vegetables, brown rice, tofu, bulgur or whole-wheat pasta instead.</p> <p>Caffeine</p> <p><i>Mayo Clinic</i></p>	<p>Avoid caffeine containing medications such as Anacin</p>