



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLOOD PRESSURE SELF-MONITORING PROGRAM

DIETARY APPROACHES TO MANAGE HYPERTENSION

Healthy Heart Ambassador



DASH

Dietary Approaches to Stop Hypertension

Overview

- Nutrition and Blood Pressure Facts
- What is DASH?
- A Day with the DASH
- Choosing the healthy option
- Why following DASH works

NUTRITION & BLOOD PRESSURE

NUTRITION & BLOOD PRESSURE

- Food has a significant effect on blood pressure
 - Sodium, saturated & *trans* fats, & added sugars increase blood pressure
 - Eating a variety of vegetables & fruits, whole grains, lean protein, nuts & seeds can help control blood pressure
 - Calorie intake should be balanced (in vs out)
- Weight impacts blood pressure
 - Weight gain increases blood pressure
 - Weight loss decreases blood pressure



NUTRITION & BLOOD PRESSURE

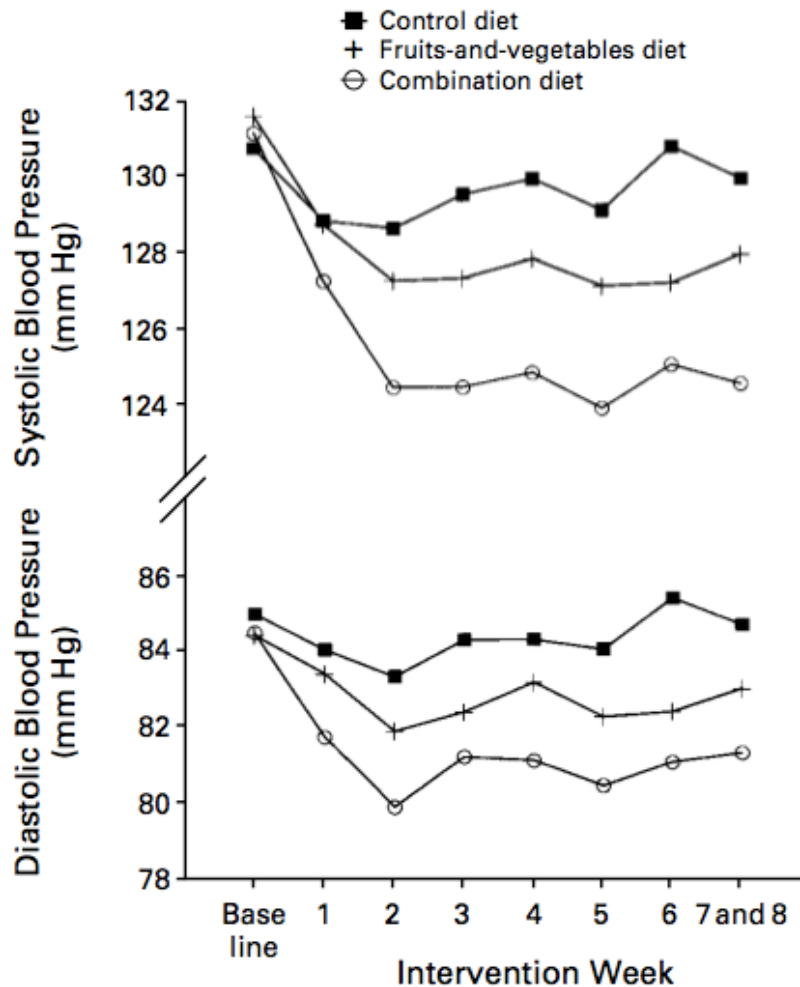


Figure 1. Mean Systolic and Diastolic Blood Pressures at Base Line and during Each Intervention Week, According to Diet, for 379 Subjects with Complete Sets of Weekly Blood-Pressure Measurements.

- **Control diet:** typical American diet
- **Fruits-and-vegetables diet:** More fruits & vegetables; less snacks & sweets; 75th percentile of U.S. consumption for potassium & magnesium; high fiber
- **Combination diet:** Rich in fruits, vegetables, & low-fat dairy; Reduced saturated fat, total fat, & cholesterol; 75th percentile of U.S. consumption for potassium, magnesium, & calcium; high fiber & protein

DASH:

**DIETARY
APPROACHES TO
STOP
HYPERTENSION**

WHAT IS DASH?

- **Dietary Approaches to Stop Hypertension**
 - Based on research sponsored by the National Heart, Lung, and Blood Institute (NHLBI)
- Reduces the risk of developing cardiovascular disease
 - Lowers high blood pressure
 - Improves blood lipid levels
- Emphasizes:
 - **vegetables**
 - **fruits**
 - **fat-free** or **low-fat** dairy
- Also includes whole grains, beans, nuts, seeds, vegetable oils
- Limits sodium, sweets, sugary beverages, & red meats

WHAT IS DASH?

Food Group	DASH Emphasis
Vegetables	↑
Fruits	↑
Grains	Whole grains
Protein	↑ Lean meat, Poultry, & Fish ↓ Red Meat ↑ Nuts, Seeds, & Beans
Dairy	Low-fat, Fat-free
Oils	Vegetable oils (unsaturated fats)
Sweets	↓ Added sugar
Vitamins & Minerals	↑ Potassium, Magnesium, Calcium ↓ Sodium

Food Group	Daily Servings	Serving Sizes
Grains	6-8	1 slice bread 1 cup ready-to-eat cereal ½ cup cooked rice, pasta, or cereal
Meats, Poultry, Fish	6 or less	3 ounces cooked lean meat, skinless poultry, fish
Vegetables	4-5	1 cup raw leafy veg ½ cup cooked veg 6 ounces vegetable juice
Fruit	4-5	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit 6 ounces fruit juice
Low-fat or fat-free dairy products	2-3	8 ounces milk 1 cup yogurt 1 ½ oz cheese
Fats and Oils	2-3	1 tablespoon lowfat mayonnaise 2 tablespoons light salad dressing 1 teaspoon vegetable oil
Sodium	2,300 mg*	*1,500 mg lowers BP even further
Weekly Servings		
Nuts, Seeds, Dry Beans, Peas	4-5	½ or 1 ½ ounces nuts 1 tablespoon or ½ ounce seeds ½ cup cooked dry beans
Sweets	5 or less	1 tablespoon sugar 1 tablespoon jelly or jam ½ ounce jelly beans 8 ounces lemonade

WHO COULD BENEFIT FROM FOLLOWING DASH?

- People who are at risk for heart disease
 - High blood pressure
 - High cholesterol
 - Diabetes
 - Chronic kidney disease
 - Tobacco use
 - Overweight
 - Physical inactivity
 - African Americans
 - Adults aged 51+

DASH IN A DAY

2,300 mg Sodium Menu

To Reduce Sodium to 1,500 mg

Breakfast:

- ¾ cup bran flakes cereal
- 1 medium banana
- 1 cup (8 ounces) low-fat milk
- 1 slice whole wheat bread
- 1 teaspoon soft margarine
- 1 cup (8 ounces) orange juice

- ¾ cup shredded wheat cereal
- 1 teaspoon unsalted soft margarine

Lunch:

- ¾ cup chicken salad
- 2 slices whole wheat bread
- 1 tablespoon Dijon mustard
- Salad with ½ cup fresh cucumber slices, ½ cup tomato wedges, 1 tablespoon sunflower seeds, 1 teaspoon low calorie Italian dressing
- ½ cup fruit cocktail

- Remove salt from chicken salad recipe
- 1 tablespoon regular mustard

Dinner:

- 3 oz beef, eye of the round
- 2 tablespoons gravy (fat-free)
- 1 cup green beans, sautéed with ½ teaspoon canola oil
- 1 small baked potato with 1 tablespoon sour cream (fat-free), 1 tablespoon grated natural cheddar cheese (reduced fat), and 1 tablespoon chopped scallions
- 1 small whole wheat roll with 1 teaspoon soft margarine
- 1 small apple
- 1 cup low-fat milk

- 1 tablespoon natural cheddar cheese (reduced fat and low sodium)
- 1 teaspoon unsalted soft margarine

Snacks:

- 1/3 cup almonds (unsalted)
- ¼ cup raisins
- ½ cup fruit yogurt (fat-free, no sugar added)

(NHLBI, 2015)

CHOOSING THE HEALTHIER OPTION

This or That?

- Breakfast
 - 3 egg Omelet with spinach, tomatoes, feta cheese, & English muffin with a cup of orange juice
 - Fat-free yogurt with strawberries, blueberries, sliced bananas, oats, & almonds with water
- Lunch
 - Spinach & whole grain pasta salad with chicken, walnuts, avocado, tomatoes, & reduced fat goat cheese with a cup of water
 - Tomato, mozzarella, & basil sandwich on Ciabatta bread with water
- Dinner
 - Teriyaki Beef & Vegetable stir-fry with white rice with water
 - Salmon with broccoli, & brown rice with a cup of skim milk

WHY FOLLOWING DASH WORKS

- Promotes a wholesome & healthy lifestyle
 - Well balanced meals
 - Follows the Dietary Guidelines for Americans
- Helps to regulate & reduce blood pressure
 - Increased potassium, calcium, magnesium, fiber, & protein
 - Reduced sodium, added sugars, saturated & *trans* fats
- Promotes healthy weight loss and/or maintenance
 - Replaces empty-calorie foods with nutrient-dense foods

DISCUSSION

DISCUSSION

- After having discussed DASH, think about what you have eaten today...
 - What foods have you eaten today that would be DASH friendly?
 - How could you make your food choices more similar to the DASH approach to eating?
- Think about the kinds of DASH foods you can purchase at the grocery store or at a restaurant or convenience store...
 - What are some of the foods that you might be tempted to buy and why?
 - What kinds of foods can you buy on a budget that would contribute to a DASH approach to eating?
- When you have a busy day and are constantly on the go, what kinds of foods do you tend to eat?
 - How are they prepared?
 - How might food preparation come into play when following DASH?

PHYSICAL ACTIVITY AND BLOOD PRESSURE MANAGEMENT

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- Evidence has shown that regular physical activity can lead to a significant reduction in blood pressure and improve other cardiovascular risks
- Moderate physical activity has also been proven to decrease blood pressure in hypertensive patients who are less responsive to medical treatment
- **30 minutes of physical activity a day (equivalent to brisk walking) 6-7 days each week (180 minutes each week) may result in better management or a reduction in one's blood pressure**

PHYSICAL ACTIVITY AND BLOOD PRESSURE MANAGEMENT

Resources to support this claim include, but are not limited to:

"Exercise in Resistant Hypertension: Aerobic Exercise Reduces Blood Pressure in Resistant Hypertension." Hypertension. 2012

"Hypertension." Exercise Testing and Exercise Prescription for Special Cases: Theoretical Basis and Clinical Application. 2005

"Regular Aerobic Exercise Augments Endothelium-Dependent Vascular Relaxation in Normotensive As Well As Hypertensive Subjects" Circulation. 1999

"The effects of aerobic exercise and T'ai Chi on blood pressure in older people: results of a randomized trial." Journal of the American Geriatrics Society. 1999



THANK YOU

Name

YMCA OF THE USA

800 872 9622

name.name@ymca.net