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SPICY RD NUTRITION

*Your Ultimate
Guide to*

The DASH Diet

Dietary Approaches to
Stop Hypertension



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What is the DASH Diet?

An estimated 2,000 people die of heart disease daily in the U.S. The typical North American diet is high in saturated fat, omega 6 fatty acids and high glycemic carbohydrates. The DASH diet (Dietary Approaches to Stop Hypertension) is a nutritionally based approach to prevent and control hypertension.

The diet has been tested in several clinical trials and has been shown to lower cholesterol, saturated fats, and blood pressure. One review including over 2500 participants showed that the DASH diet significantly reduced both systolic and diastolic blood pressure values, specifically in hypertensive subjects.



The DASH diet emphasizes:

1. Fruits, vegetables and whole grains
2. Fat-free or low-fat dairy products
3. Fish, poultry, beans, nuts and vegetable oils



The following are also important:


1. Choosing foods that are low in saturated and trans fat
2. Choosing foods that are rich in potassium, calcium, magnesium, fiber and protein
3. Choosing low sodium options
4. Limiting sugar-sweetened beverages and sweets

DASH Diet Guidelines

Food Group	Servings (daily unless otherwise noted)	Examples of One Serving
Whole Grains	6-8	1 slice bread; 1/2 cup cooked rice; 1 oz cereal;
Vegetables	4-5	1 cup raw leafy greens; 1/2 cup cooked vegetables
Fruit	4-5	1 medium apple; 1 cup berries or chopped melon
Dairy	2-3	1 cup milk or yogurt; 1.5 oz cheese
Fats & Oils	2-3	1 teaspoon oil; 2 Tbsp dressing
Lean Meat, Poultry, Fish	6 or less	1 oz cooked lean meat, poultry, fish; 1 egg; 1 Tbsp nut butter; 1/4 cup cooked beans
Nuts, Legumes & Seeds	4-5 per week	1/3 cup nuts; 2 Tbsp peanut butter; 1/2 cup cooked legumes
Sweets	5 or less per week	1 Tbsp sugar; 1 cup soda; 1/2 cup sorbet
Adapted from the National Heart, Lung and Blood Institute Based on a 2,000-calorie-per-day diet		

Sodium & DASH

Studies show that high sodium intake is related to high blood pressure. DASH diet guidelines recommend keeping sodium intake below 2,300 mg per day. Wondering what that looks like?



1/4 teaspoon salt = 575 mg sodium
1/2 teaspoon salt = 1,150 mg sodium
3/4 teaspoon salt = 1,725 mg sodium
1 teaspoon salt = 2,300 mg sodium



10 Tips for Decreasing Sodium Intake

1. Cook more meals at home (eat out at restaurants less)
2. Make your own snacks, such as muffins, energy bites and trail mix
3. Limit pre-made convenience meals (boxed macaroni & cheese, canned soups, frozen dinners, etc.)
4. Make sauces and dressings from scratch when possible
5. Build your diet around naturally low-sodium staples like fresh fruits, vegetables and minimally-processed whole grains
6. Eat brined and/or pickled foods in moderation
7. Use processed meats (such as bacon, sausage, prosciutto and salamis) as a flavor enhancer instead of the main component of your dish (e.g. a strip or two of bacon to flavor a pot of soup)
8. Drain and rinse canned beans before using
9. Buy low-sodium canned broths and vegetables
10. Learn to incorporate fresh herbs, dried spices, citrus and aromatics and rely less on the salt shaker for flavor when cooking

Potassium in Food

Potassium is an important component in the DASH diet because it can lessen the effect of sodium and ease tension in blood vessel walls. Per the American Heart Association, the recommendation for potassium intake is 4,700 milligrams (mg) per day for adults.



High Potassium Foods List

- White Potato (baked with skin) - 925 mg
- Beet Greens (cooked) - 655 mg
- Canned Clams (3 oz) - 535 mg
- Sweet Potato (baked with skin) - 450 mg
- Banana - 425 mg
- Artichoke - 425 mg
- Spinach (cooked) - 420 mg
- Pomegranate - 400 mg
- Lentils - 365 mg
- Milk - 350 mg
- Prunes - 305 mg
- Tomato - 290 mg
- Beans - 280 mg
- Nectarine - 275 mg
- Raisins - 270 mg
- Orange - 240 mg
- Nuts - 200 mg

Tips for Including More Fruits & Vegetables at Every Meal

- Sauté spinach with scrambled eggs
- Snack on a banana with nut butter
- Make a homemade trail mix with dried fruit and unsalted nuts
- Layer sandwiches with more vegetables
- Swap out a side of chips for fresh fruit
- Try a stuffed baked potato
- Add grated vegetables to pasta sauce

stock your pantry

BEANS & GRAINS

- Black Beans* (canned and dry)
- Cannellini Beans* (canned and dry)
- Kidney Beans* (canned and dry)
- Navy Beans* (canned and dry)
- Pinto Beans* (canned and dry)
- Lentils (all varieties)
- Quinoa
- Millet
- Brown rice

NUTS & SEEDS

- Nut Butters
- Peanut Butter Powder
- Almonds, raw & unsalted
- Walnuts, raw & unsalted
- Pecans, raw & unsalted
- Sunflower Seeds, raw & unsalted
- Pepitas (pumpkin seeds)
- Chia Seeds
- Flax

SHELF-STABLE MILKS

- Unsweetened Almond Milk
- Unsweetened Cashew Milk
- Coconut Milk

BROTH & VEGETABLES

- Low Sodium Vegetable Broth
- Low Sodium Canned Tomato Products

*when purchasing canned beans, choose "no salt added" varieties when possible



stock your pantry, cont'd...

OILS & VINEGARS

- Balsamic Vinegar
- Red Wine Vinegar
- Apple Cider Vinegar
- Sherry Vinegar
- Extra Virgin Olive Oil
- Avocado Oil
- Coconut Oil



SPICES & HERBS

- Black Pepper
- Garlic Powder
- Ground Ginger
- Cinnamon
- Cayenne
- Paprika (sweet & smoked)
- Oregano
- Chili Flakes
- Ground Cumin
- Ground Nutmeg
- Ground Cloves
- Bay Leaves
- Curry Powder



FLAVOR BOOSTERS

- Nutritional Yeast
- Dijon Mustard
- Hot Sauce
- Honey
- Maple Syrup
- Low-Sodium Soy Sauce
- Garlic
- Onions
- Tomato Paste



3-Day Sample Meal Plan

Day 1

B

Overnight oats with strawberries and chia seeds

L

Leafy green salad with vegetables, feta cheese, chickpeas and homemade vinaigrette dressing; 1/2 whole wheat pita; medium orange

S

1/2 cup plain Greek yogurt topped with 1 cup of blueberries and 2 Tbsp almonds

D

2 oz pasta with 1 cup homemade bolognese sauce; 1 cup cooked broccoli; 1/2 cup avocado & grapefruit salad

Day 2

B

Whole grain toast with smashed avocado and fried egg; 1/2 grapefruit

L

Chicken salad (made with plain Greek yogurt, grapes and sunflower seeds) stuffed lettuce wraps; medium apple

S

Quinoa, Greek yogurt & berry parfait

D

Chickpea Salad; chocolate-dipped frozen banana

Day 3

B

Peanut butter toast; 6 oz plain Greek yogurt; 1 cup blueberries

L

Salmon w/ Lemon Cilantro Vinaigrette over bed of greens (made with shredded carrots, mayo); handful of whole grain crackers; 1 cup of grapes

S

Handful of trail mix (unsalted nuts/seeds and dried cherries); medium apple; 8 oz glass of 2% milk

D

Taco salad: leafy greens, vegetables, beans and avocado; 1 small to medium whole grain tortilla or baked tortilla chips



shopping list

PRODUCE

- Apples
- Bananas
- Berries
- Grapefruit
- Oranges
- Grapes
- Romaine
- Kale
- Avocado
- Carrots
- Celery
- Bell Peppers
- Scallions
- Garlic
- Broccoli
- Radishes
- Lemons & Limes
- Cucumber
- Sweet Potatoes
- Spinach
- Tomatoes
- Yellow Onion
- Lemons & Limes
- Cilantro
- Fresh Ginger

DRY GOODS

- Unsalted Almonds
- Unsalted Sunflower Seeds
- Unsalted Cashews
- Creamy Peanut Butter
- Red Curry Paste
- Chia Seeds
- Canned Chickpeas
- Canned Black Beans
- Canned Fire-Roasted Tomatoes
- Canned Light Coconut Milk
- Pure Maple Syrup
- Rolled Oats
- Brown Rice
- Extra Virgin Olive Oil
- Coconut Oil
- Onion Powder
- Red Pepper Flakes
- Chile Powder
- Vanilla Extract
- Whole Wheat Pita Bread
- Corn Tortillas
- Whole Grain Bread
- Whole Wheat (or GF) Spaghetti
- Quinoa
- Miso
- Dijon Mustard
- Tomato Paste
- Honey
- Semi-Sweet Chocolate Chips

SNACK & DRINKS

- Seltzer Water
- Whole Grain (or GF) Crackers
- Trail Mix

MEAT & FISH

- Ground Beef
- Chicken Breast

REFRIGERATED

- Feta Cheese
- 2% Plain Greek Yogurt
- 2% Milk
- Parmesan Cheese
- Eggs



Recipes

Overnight Strawberry Oats

Prep Time: 10 minutes Total Time: 4 hours + Yield: 2 servings

Ingredients

- 2/3 cup rolled oats certified gluten free, if needed
- 1/4 cup chia seeds
- 1/2 banana, mashed
- 2 cup almond milk, unsweetened or milk of choice
- 1 1/2 tsp vanilla extract
- 2 tsp maple syrup
- 1 cup strawberries, fresh, sliced

Instructions

- Prep**
1. Mash banana with a fork.
 2. Slice strawberries.
- Make**
1. Place oats, chia seeds, mashed banana, milk, vanilla, and maple syrup in a mason jar with lid.
 2. Shake vigorously to combine. Let sit for 10 minutes, shake again then place in refrigerator for 4 hours or overnight.
 3. The next morning, take oats out of the refrigerator and stir well.
 4. Layer in a serving glass or a mason jar with sliced strawberries.
 5. Top with additional milk and a drizzle of maple syrup if desired.

Nutrition Facts		Amount/serving		% Daily Value*	Amount/serving		% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Calories 355 per serving	Total Fat 13.4g		20%		Total Carbohydrates 52g		17%	
	Saturated Fat 1.4g		7%		Dietary Fiber 15g		60%	
	Trans Fat 0.0g				Total Sugars 15g			
	Cholesterol 0mg		0%		Protein 10g			
Sodium 196mg		8%						
Vitamin D 3mcg 26% · Calcium 695mg 69% · Iron 17mg 91% · Potassium 638mg 13%								



Recipes

Chickpea Salad

Prep Time: 15 minutes

Total Time: 15 minutes

Yield: 4 servings

Ingredients

- 1, 15 oz. can chickpeas, drained and rinsed [choose low-sodium or no salt added]
- 3 Tbs tahini
- 1 tsp Dijon mustard
- 1 Tbs maple syrup
- 1/4 cup onion, red, diced
- 1/4 cup celery, diced
- 1/4 cup pickles, diced
- 1 lemon for 2 tablespoons lemon juice
- 1 tsp capers, drained and loosely chopped
- Pepper, to taste
- 1 Tbs sunflower seeds, unsalted
- 4 whole leaves lettuce, Bibb
- 1 tomato, sliced

Instructions

Prep

1. Drain and rinse chickpeas, dice red onion, celery, pickles, chop capers, and thinly slice tomato.

Make

1. Place the chickpeas in a mixing bowl mash with a fork or potato masher.
2. Add tahini, mustard, maple syrup, red onion, celery, pickles, lemon or pickle juice, capers, salt and pepper, and sunflower seeds (if using).
3. Toss well to coat. Adjust seasonings to taste.
4. Lay whole leaves of lettuce on a platter. Scoop 1/4 of chickpea mixture into each lettuce cup. Top with tomato and additional onion if desired.

Nutrition Facts

Calories per serving **267**

Amount/serving	% Daily Value*
Total Fat 9.3g	14%
Saturated Fat 1.1g	5%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 296mg	12%
Vitamin D 0mcg 0% · Calcium 115mg 11% · Iron 2mg 10% · Potassium 346mg 7%	

Amount/serving	% Daily Value*
Total Carbohydrates 38g	12%
Dietary Fiber 9g	35%
Total Sugars 12g	
Protein 11g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recipes

Salmon with Lemon-Cilantro Vinaigrette

Prep Time: 15 minutes

Total Time: 30 minutes

Yield: 5 servings

Ingredients

- 1/3 cup fresh cilantro, chopped
- 5 scallions, thinly sliced
- 2 1/2 Tbs olive oil
- 2 lb salmon
- 1 tsp paprika
- 1/4 tsp pepper
- 3/4 lemon, juiced

Instructions

Prep

1. Chop cilantro.
2. Slice scallions.

Make

1. Heat 1 tablespoon of oil in a pan over medium-high heat.
2. Season salmon with paprika and pepper, and cook 3-4 minutes per side to desired doneness.
3. Combine cilantro, scallions, 2 tablespoons lemon juice, remaining oil.
4. Serve: Drizzle cilantro vinaigrette over salmon.

Nutrition Facts

5 servings

Calories
per serving

325

Amount/serving

% Daily Value*

Total Fat 18.4g

28%

Saturated Fat 2.7g

13%

Trans Fat 0.0g

Cholesterol 100mg

33%

Sodium 199mg

8%

Vitamin D 0mcg 0% · Calcium 36mg 3% · Iron 2mg 10% · Potassium 955mg 20%

Amount/serving

% Daily Value*

Total Carbohydrates 2g

0%


Dietary Fiber 1g

2%

Total Sugars 1g

Protein 36g

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