

SAMPLE MENU

Based on 2000 Calories

Breakfast

- 1/2 cup instant oatmeal, flavored
- 1 mini whole wheat bagel
- 1 medium banana
- 1 cup fat free milk
- 1 Tbsp cream cheese, fat free



Lunch

Chicken breast sandwich:

- 2 slices (3 oz) chicken breast, skinless
- 2 slices whole wheat bread
- 1 slice (3/4 oz) American cheese, reduced fat
- 1 large leaf romaine lettuce
- 2 slices tomato
- 1 Tbsp mayonnaise, lowfat



- 1 medium peach
- 1 cup apple juice

Supper

- 1 cup spaghetti
- 3/4 cup meatless spaghetti sauce
- 3 Tbsp Parmesan cheese



Spinach salad:

- 1 cup fresh spinach leaves
- 1/4 cup fresh carrots, grated
- 1/4 cup fresh mushrooms, sliced
- 2 Tbsp vinaigrette dressing
- 1/2 cup corn, cooked from frozen
- 1/2 cup mandarin oranges, juice packed



Snack

- 1/3 cup almonds
- 1/4 cup dried apricots
- 1 cup fruit yogurt, fat free, no sugar added

COMMONWEALTH OF KENTUCKY
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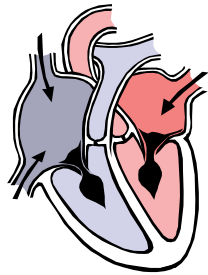
DASH

▶ THE PROVEN WAY
TO
LOWER YOUR
BLOOD PRESSURE



EATING WELL TO LOWER YOUR BLOOD PRESSURE

Kentucky
UNBRIDLED SPIRIT™



Blood Pressure

Is the force of blood against artery walls. When blood pressure is too high it is dangerous because it makes the heart work too hard and the force of blood can damage arteries.

Uncontrolled blood pressure or hypertension can lead to heart disease and stroke. High blood pressure can also result in congestive heart failure, kidney disease and blindness. Hypertension is often called the “silent killer” because many people have no symptoms.

Do you know your blood pressure number?

What is a normal blood pressure for adults?

	Systolic (Top number)	Diastolic (Bottom Number)
Normal	less than 120	less than 80
Pre-Hypertension*	120-139	80-89
Hypertension	140 or higher	90 or higher

*Most persons with pre-hypertension will develop hypertension within five years if preventive measures are not taken.

Control High Blood Pressure

- **Maintain a Healthy Weight**
- **Be Physically Active**
- **Eat Healthy/Low Sodium**
- **Avoid Alcoholic Beverages**
- **Take Medicines as Directed If Prescribed**



Meats, Poultry and Fish

- **3 ounces cooked**

- **Choose lean meat**
- **Trim off visible fat**
- **Take skin off poultry before cooking**

Try Low Fat Cooking Methods

- **Bake**
- **Broil**
- **Grill**
- **Roast**



Nuts, Seeds and Dried Beans

- **1/3 cup nuts or 1 Tbsp. Peanut butter**
- **2 Tbsp. or 1/2 ounce seeds**
- **1/2 cup dried beans**

- **Heart healthy fat**
- **High in fiber**
- **Meat alternatives**
- **High in protein**
- **High in B-vitamins**



Fats and Oils

- **1 tsp margarine**
- **1 tsp oil**
- **1 Tbsp salad dressing**

Use small amounts for healthy heart benefits

Monounsaturated Fats

- **Olive oil**
- **Canola oil**
- **Peanut oil**

Polyunsaturated Fats

- **Corn oil**
- **Soybean oil**
- **Vegetable oil**



Sodium or Salt:

- **Limit sodium intake to 1500-2400 milligrams/day**

To reduce sodium in your diet:

- **don't add salt at the table**
- **use low-sodium food products**
- **buy fresh meats rather than canned or smoked**
- **limit cured foods**
- **limit convenience foods**
- **try other spices than salt for flavoring.**



Grain and Grain Products

Serving Sizes

- 1 slice bread
- 1/2 cup dry cereal
- 1/2 cup cooked rice, pasta, or cereal

Look for whole grain bread or cereal products such as whole wheat, oat, or bran.

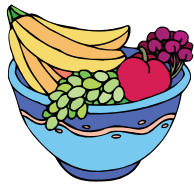


Vegetables

Serving Sizes

- 1 cup raw vegetables
- 1/2 cup cooked vegetables
- 6 ounces vegetable juice

Vegetables that are prepared with the least processing contain more fiber. Decorate your plate with a variety of color!



Fruit

Serving Sizes

- 1/2 cup fresh, frozen, or canned fruit
- 1/4 cup dried fruit
- 1 medium fruit
- 6 ounces 100% fruit juice
- 6 ounces 100% fruit juice

Fruits are important sources of fiber, potassium and magnesium. These nutrients offer cancer and heart disease protection.



Low fat (1%) or fat free dairy

Serving Sizes

- 8 ounces of fat free or 1% milk
- 1 cup yogurt
- 1 1/2 ounces cheese

Calcium does play a role in maintaining a normal blood pressure. The DASH diet plan may help prevent other diseases such as osteoporosis.

What is DASH?

Dietary Approaches To Stop Hypertension (DASH)

The National Heart, Lung and Blood Institute (NHLBI) conducted two key studies, DASH and DASH-Sodium, to look at the effect of diet on high blood pressure. Within two weeks of following the DASH diet plan, systolic blood pressure was lowered by 11.4 points and diastolic pressure by over 5.5 points. This is similar to the reduction obtained with medications!

Greater reductions in blood pressure occurred when the DASH-Sodium Diet plan was used by lowering the intake of sodium from 2400 milligrams (mg) to 1500 mg.

2400 mg sodium = 1 teaspoon of table salt

1500 mg sodium = 2/3 teaspoon of table salt

The DASH diet plan may also help cut the risk of cancer, heart disease, osteoporosis, and diabetes.

DASH



Lowering Your Blood Pressure

The DASH diet plan is all about lowering your blood pressure.

DASH is rich in nutrients such as calcium, potassium, and magnesium as well as protein and fiber. It is low in fat, cholesterol and sodium.

DASH brings these together and balances the intake of fat, cholesterol and sodium to provide a powerful health benefit. Vitamin and supplement pills used in studies were not able to produce the same health benefit as EATING tasty and nutritious foods.

It was also found in the DASH study that by just increasing fruit and vegetable intake participants achieved lower blood pressure, but it was the DASH combination diet plan that **significantly** reduced blood pressure.

The DASH diet plan was based on 2000* calories. The following chart will provide examples of several calorie levels and the servings per day recommended for each food group.



Food Group	1600 Calories/ Servings	1800 Calories/ Servings	2000* Calories/ Servings	2200 Calories/ Servings
Grains	6	6-7	7-8	8-9
Vegetables	3-4	4	4-5	5-6
Fruits	4	4	4-5	5-6
Low fat or Fat Free Dairy	2-3	2-3	2-3	2-3
Meats	1-2	1-2	1-2	2-3
Nuts, Seeds, Dried Beans	3/week	3/week	4-5/week	5/week
Sweets	2/week	3/week	5/week	5/week
Fats and Oils	2	2-3	2-3	3
Daily Fat Grams	48	54	60	66