

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL "bad" cholesterol.

O Eat This

& Limit This

	Vegetables		Fatty meats
	Fruits		
	Whole grains		Full-fat dairy
	Fat-free or low-fat dairy		
	Fish		Sugar sweetened beverages
	Poultry		
	Beans		Sweets
	Nuts & seeds		
	Vegetable oils		Sodium intake

www.nhlbi.nih.gov/DASH