



HAPPY HEART

The DASH Diet

DASH Eating Plan

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



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



Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.



Nutrition Services • Alameda County Public Health Department

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