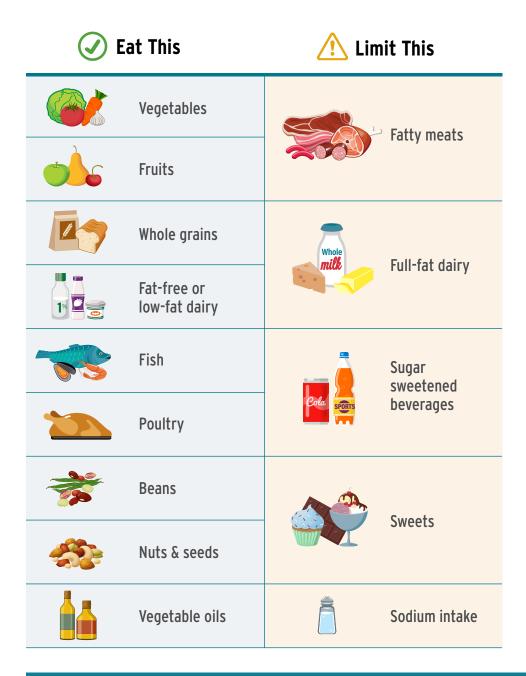
## Tips on What to Eat vs. Limit

DASH (Dietary Approaches to Stop Hypertension) is a flexible and balanced eating plan that helps create a hearthealthy eating style for life. It does not require any special foods and provides daily and weekly nutritional goals. The DASH eating plan supports overall heart health and helps lower high blood pressure and LDL "bad" cholesterol.



## This plan recommends:

- Eating vegetables, fruits, and whole grains
- Eating foods rich in potassium, calcium, magnesium, fiber, and protein
- Choosing low-or reducedsodium, or no-salt-added versions of foods
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limiting sugar-sweetened beverages and sweets

Find recipes, tools, and resources at nhlbi.nih.gov/DASH