

CONSEQUENCES OF HIGH BLOOD PRESSURE

High blood pressure (HBP) is often the first domino in a chain or "domino effect" leading to devastating consequences, such as:



SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or arousal dysfunction in women.



STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



HEART ATTACK

HBP damages arteries and causes them to narrow and stiffen.



HEART FAILURE

HBP can cause the heart to enlarge and fail to supply enough blood to the body.



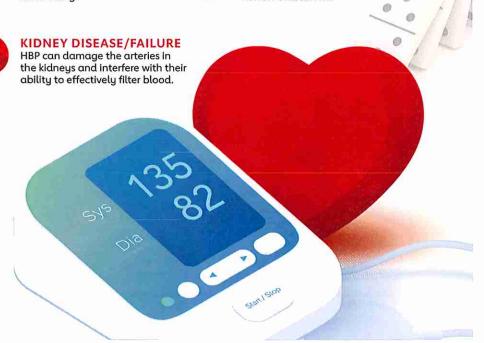
VISION LOSS

HBP can damage the vessels in the eyes.

A simple **blood pressure check** is the first step to preventing the "domino effect."

Learn more at heart.org/HBP.

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My Blood Pressure Log



Name	life is why*
My Blood Pressure Goal mm Hg	

Instructions

- Take at least two blood pressure readings one minute apart once in the morning before taking medications and in the evening before dinner.
- For best results, remain still for at least 5 minutes. Sit with your back straight and supported and your feet flat on the floor.
- When you measure your blood pressure, rest your arm on a flat surface (such as a table) so your upper arm is at heart level.
- Record your blood pressure on this sheet and show it to your doctor at every visit.
- You can also use AHA's Check. Change. Control.® Tracker (ccctracker.com/aha), a free online tool to help you track and monitor your blood pressure.
- You will need a campaign code to sign up for the CCC Tracker. Find the campaign code on the map for your state and sign up.

Date	AM	PM	Date	AM	PM
Date	Aivi	I IVI	Date	Anvi	I IVI
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BLOOD PRESSURE MEASUREMENT

DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

REST IN A CHAIR FOR AT
LEAST 5 MINUTES WITH YOUR
LEFT ARM RESTING
COMFORTABLY ON A FLAT
SURFACE AT HEART LEVEL.
SIT CALMLY AND DON'T TALK.

MAKE SURE YOU'RE
RELAXED. SIT STILL IN A
CHAIR WITH YOUR FEET
FLAT ON THE FLOOR WITH
YOUR BACK STRAIGHT
AND SUPPORTED.

TAKE AT LEAST TWO READINGS

1 MIN. APART IN MORNING
BEFORE TAKING MEDICATIONS,
AND IN EVENING BEFORE
DINNER. RECORD ALL RESULTS.

USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120



* Wait a few minutes and take blood pressure again.
If it's still high, contact your doctor immediately.

LEARN MORE AT HEART. ORG/HBP

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What Is High Blood Pressure?

Blood pressure is the force of blood pushing against blood vessel walls. It is measured in millimeters of mercury (mm Hg).

High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.

Blood pressure is written as two numbers, such as 112/78 mm Hg. The top, systolic, number is the pressure when the heart beats. The bottom, diastolic, number is the pressure when the heart rests between beats.

Normal blood pressure is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 129, and your diastolic pressure is less than 80, you have elevated blood pressure. High blood pressure is a pressure of 130 systolic or higher, or 80 diastolic or higher, that stays high over time.

High blood pressure usually has no signs or symptoms. That's why it is so dangerous. But it can be managed.

Nearly half of the American population over age 20 has HBP, and many don't even know it. Not treating high blood pressure is dangerous. HBP increases the risk of heart attack and stroke.

Make sure you get your blood pressure checked regularly and treat it the way your doctor advises.

BLOOD Pressure Category	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR Higher	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and /or	HIGHER THAN 120

Am I at higher risk of developing HBP?

There are risk factors that increase your chances of developing HBP. Some you can control, and some you can't.

Those that can be controlled are:

- · Smoking and exposure to secondhand smoke
- Diabetes
- · Being obese or overweight
- · High cholesterol
- Unhealthy diet (high in sodium, low in potassium, and drinking too much alcohol)
- · Physical inactivity

(continued)





Factors that cannot be modified or are difficult to control are:

- · Family history of high blood pressure
- · Race/ethnicity
- · Increasing age
- · Gender (males)
- · Chronic kidney disease
- · Obstructive sleep apnea

Socioeconomic status and psychosocial stress are also risk factors for HBP. These can affect access to basic living necessities, medication, healthcare providers, and the ability to adopt lifestyle changes.

How can I tell I have it?

The only way to know if you have high blood pressure is to get it checked regularly by your healthcare provider.

For proper diagnosis of high blood pressure, your healthcare provider will use an average based on two or more readings obtained on two or more occasions.

What can I do about HBP?

- Don't smoke and avoid secondhand smoke.
- · Reach and maintain a healthy weight.
- Eat a healthy diet that is low in saturated and *trans* fats and rich in fruits, vegetables, whole grains, and low-fat dairy products.
- Aim to consume less than 1,500 mg/day of sodium (salt). Even reducing your daily intake by 1000 mg can help.
- Eat foods rich in potassium. Aim for 3,500 5,000 mg of dietary potassium per day.
- Limit alcohol to no more than one drink per day if you're a woman or two drinks a day of you're a man.
- Be more physically active. Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week, and/or three sessions of isometric resistance exercises per week.
- Take medicine the way your doctor tells you.
- Know what your blood pressure should be and work to keep it at that level.

HOW CAN I LEARN MORE?

- 1 Call 1-800-AHA-USA1 (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.
- Sign up to get Heart Insight, a free magazine for heart patients and their families, at heartinsight.org.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/supportnetwork.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider. For example:

Will I always have to take medicine?

What should my blood pressure be?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.





ANSWERS by heart



How Do I Follow a Healthy Diet Pattern?

The American Heart Association recommends a healthy eating pattern that emphasizes vegetables, fruits and whole grains. It includes skinless poultry, fish and legumes (beans, peas and lentils); nontropical vegetable oils; and nuts and seeds. Limit your intake of sodium, sweets, sugarsweetened beverages and red and processed meats. Everything you eat and drink is part of your diet pattern. Make healthy choices today and they'll add up to healthier tomorrows for you!



Vegetables

- Eat a variety of colors and types, especially deeply colored vegetables, such as spinach, carrots and broccoli.
- All vegetables count, including fresh, frozen, canned or dried. Look for vegetables canned in water. For frozen vegetables, choose those without high-calorie sauces or added sodium or sugars.
- Examples of a portion per serving are: 2 cups raw leafy greens; 1 cup cut-up raw or cooked vegetables (about the size of a fist); or 1 cup 100% vegetable juice (no salt added).

Fruits

- Unsweetened fruits are best. Eat a variety of colors and types, especially deeply colored fruits, such as peaches and berries.
- Eat whole fruits to get all the nutrients (such as dietary fiber) that can be missing in some juices.
- Examples of a portion per serving are: 1 medium fruit
 (about the size of a baseball); ¼ cup unsweetened dried
 fruit; ½ cup fresh, frozen or canned fruit (unsweetened
 frozen or canned in its own juice or water); or ½ cup 100%
 fruit juice.
- For beverages, look for 100% fruit juice. Avoid sugarsweetened beverages. They're high in calories and low in nutrients.

Whole grains

- At least half of your servings should be high-fiber whole grains. Select items like whole-wheat bread, wholegrain crackers and brown rice. Look at the ingredients list to see that the first ingredient is a whole grain.
- Aim for about 25 grams of fiber from foods each day.
 Check the Nutrition Facts label for dietary fiber content.
- Examples of a portion per serving are: 1 slice bread; ½
 cup hot cereal; 1 cup cereal flakes; or ½ cup cooked rice
 or pasta (about the size of a baseball).

Protein foods

- Mix up your protein sources. Beyond fish, poultry and lean or extra-lean meats, try eggs and soy products, such as tofu.
- Eat at least 8 ounces of non-fried fish (particularly fatty fish) each week. Fatty fish, such as salmon, mackerel, herring, lake trout, sardines and albacore tuna, are high in omega-3 fatty acids.
- Remove skin from poultry before eating.
- Trim all visible fat from meats before cooking.
- Limit processed red meats, such as bacon, salami, ham, hot dogs and sausage.
- Examples of a portion per serving are: 2 egg whites;
 3/4 cup cooked, flaked fish; or half a chicken breast. A
 3-ounce portion is about the size of a deck of playing cards.

(continued)



How Do I Follow a Healthy Diet Pattern?

Nuts, seeds and legumes

- Add many different types of beans (black, kidney, pinto, cannellini and navy, for examples) to your soups, salads and pasta dishes.
- Try sprinkling unsalted, dry-roasted nuts over your salads.
 Use nuts in stir-fries. Stir them into yogurt.
- Examples of a portion per serving are: ½ ounce unsalted nuts; ½ ounce unsalted seeds; ½ cup cooked legumes (beans, peas, chickpeas or lentils); or 1 tablespoon lowsodium or no-salt-added peanut butter.

Low-fat or fat-free dairy products

- · Use low-fat (1%) and fat-free milk, 2% milk is not low fat.
- · Choose low-fat or fat-free yogurt with no added sugars.
- Choose low-fat or fat-free cottage cheese. Look for the lowest sodium product you can find.
- Cheeses (low-fat or fat-free) should have no more than 3 grams of fat per ounce and no more than 2 grams of saturated fat per ounce.
- Examples of a portion per serving are: 1 cup milk or yogurt or 1½ ounces fat-free or low-fat cheese (about the size of 3 stacked dice).



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- Sign up to get Heart Insight, a free e-newsletter for heart patients and their families, at HeartInsight.org.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/SupportNetwork.

Do you have questions for your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care provider.

For example:
How many calories
should I eat each day?

What's a good cookbook with healthy recipes?

MY QUESTIONS:

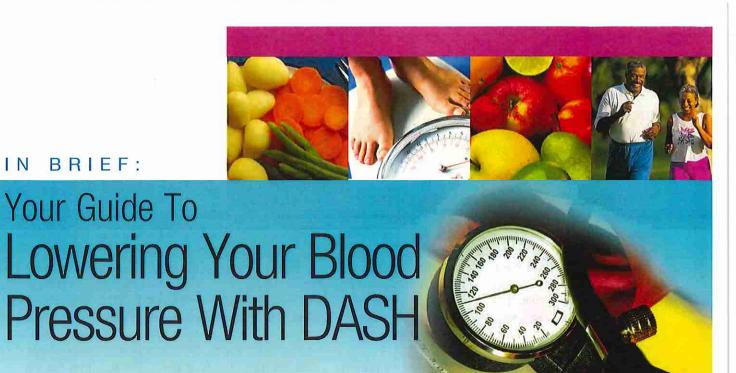
We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/AnswersByHeart to learn more.



Approximate SBP Reduction Range Modification Recommendation Maintain normal body weight (BMI=18.5-24.9 kg/m²) Weight reduction 5 mm Hg Diet rich in fruits, vegetables, low DASH eating plan 11 mm Hg fat dairy and reduced in fat Restrict sodium <1500 mg of sodium per day 5-6 mm Hg intake Be more physically active. Aim for at least 90 to 150 minutes Physical activity 5-8 mm Hg of aerobic exercise per week. No more than Moderation of 2 drinks/day for men and 4 mm Hg alcohol consumption 1 drink/day for women

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension

American American Heart | Stroke Association | Associat

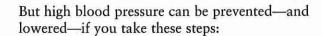


What you eat affects your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented and lowered—by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less sodium.

BRIEF:

High blood pressure is blood pressure higher than 140/90 mmHg*, and prehypertension is blood pressure between 120/80 and 139/89 mmHg. High blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries, and can cause the brain to hemorrhage or the kidneys to function poorly or not at all. If not controlled, high blood pressure can lead

to heart and kidney disease, stroke,

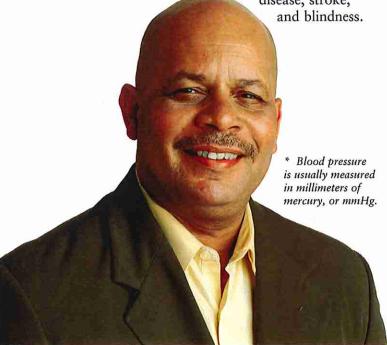


- Follow a healthy eating plan, such as DASH, that includes foods lower in sodium.
- Maintain a healthy weight.
- Be moderately physically active for at least 2 hours and 30 minutes per week.
- If you drink alcoholic beverages, do so in moderation.

If you already have high blood pressure and your doctor has prescribed medicine, take your medicine, as directed, and follow these steps.

The DASH Eating Plan

The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less sodium; sweets, added sugars, and beverages containing sugar; fats; and red meats than the typical American diet. This heart-healthy way of eating is also lower in saturated fat, trans fat, and cholesterol and rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, calcium, protein, and fiber.





How Do I Make the DASH?

The DASH eating plan requires no special foods and has no hard-to-follow recipes. It simply calls for a certain number of daily servings from various food groups.

The number of servings depends on the number of calories you're allowed each day. Your calorie level depends on your age and, especially, how active you are. Think of this as an energy balance system—if you want to maintain your current weight, you should take in only as many calories as you burn by being physically active. If you need to lose weight, eat fewer calories than you burn or increase your activity level to burn more calories than you eat.

What is your physical activity level? Are you mostly:

- Sedentary? You do only light physical activity that is part of your typical day-to-day routine.
- Moderately active? You do physical activity equal to walking about 1 to 3 miles a day at 3 to 4 miles per hour, plus light physical activity.
- Active? You do physical activity equal to walking more than 3 miles per day at 3 to 4 miles per hour, plus light physical activity.

Use the chart below to estimate your daily calorie needs.

Your Daily Calorie Needs

		Calories Needed for Each Activity Leve					
Gender	Age (years)	Sedentary	Moderately Active	Active			
Female	19–30	2,000	2,000-2,200	2,400			
	31-50	1,800	2,000	2,200			
	51+	1,600	1,800	2,000-2,200			
Male	19–30	2,400	2,600-2,800	3,000			
	31-50	2,200	2,400-2,600	2,800–3,000			
	51+	2,000	2,200-2,400	2,400-2,800			

Now that you know how many calories you're allowed each day, find the closest calorie level to yours in the chart on page 3 called "Following the DASH Eating Plan." This shows roughly the number of servings from each food group that you can eat each day.

Next, compare DASH with your current eating pattern. Fill in the "What's on Your Plate and How Much Are You Moving?" chart on page 4 for 1 or 2 days to compare what you usually eat with the DASH eating plan—and note how active you are. This should help you decide what changes you need to make in your food choices—and in the sizes of the portions you eat.

"A Day With the DASH Eating Plan" on page 6 shows a sample menu based on about 2,000 calories a day. Increase or decrease the serving sizes for your own calorie level. This chart also shows the two levels of sodium, 2,300 and 1,500 milligrams (mg), that DASH allows each day. Because fruits and vegetables are naturally lower in sodium than many other foods, DASH makes it easier to eat less sodium. Try it at the 2,300 mg level (about 1 teaspoon of table salt). Then, talk to your doctor about gradually lowering it to 1,500 mg a day. Keep in mind: The less sodium you eat, the more you may be able to lower your blood pressure.

Choose and prepare foods with less sodium and salt, and don't bring the salt shaker to the table. Be creative—try herbs, spices, lemon, lime, vinegar, wine, and salt-free seasoning blends in cooking and at the table. And, because most of the sodium that we eat comes from processed foods, be sure to read food labels to check the amount of sodium in different food products. Aim for foods that contain 5 percent or less of the Daily Value of sodium. Foods with 20 percent or more Daily Value of sodium are considered high. These include baked goods, certain cereals, soy sauce, and some antacids —the range is wide.

DASH Tips for Gradual Change

Make these changes over a couple of days or weeks to give yourself a chance to adjust and make them part of your daily routine:

- Add a serving of vegetables at lunch one day and dinner the next, and add fruit at one meal or as a snack.
- Increase your use of fat-free and low-fat milk products to three servings a day.
- Limit lean meats to 6 ounces a day—3 ounces a meal, which is about the size of a deck of cards. If you usually eat large portions of meats, cut them back over a couple of days—by half or a third at each meal.
- Include two or more vegetarian-style, or meatless, meals each week.

Following the DASH Eating Plan

Use this chart to help you plan your menus—or take it with you when you go to the store.

Food Group Se	Ser	Servings Per Day		Serving Sizes	Examples and Notes	Significance of Each	
1,600 Calories				1		Food Group to the DASH Eating Plan	
Grains*	6	6–8	10–11	1 slice bread 1 oz dry cereal† ½ cup cooked rice, pasta, or cereal	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn	Major sources of energy and fiber	
Vegetables	3–4	4–5	5–6	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber	
Fruits	4	4–5	5–6	1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 1/2 cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber	
Fat-free or low-fat milk and milk products	2–3	2–3	3	1 cup milk or yogurt 11/2 oz cheese	Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt	Major sources of calcium and protein	
Lean meats, poultry, and fish	3–6	6 or less	6	1 oz cooked meats, poultry, or fish 1 egg‡	Select only lean meats; trim away visible fat; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium	
Nuts, seeds, and legumes	3 per week	4–5 per week	1	1/3 cup or 11/2 oz nuts 2 Tbsp peanut butter 2 Tbsp or 1/2 oz seeds 1/2 cup cooked legumes (dry beans and peas)	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber	
Fats and oils§	2	2–3	3	1 tsp soft margarine1 tsp vegetable oil1 Tbsp mayonnaise2 Tbsp salad dressing	Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27 percent of calories as fat, including fat in or added to foods	
Sweets and added sugars	0	5 or less per week	≤2	1 Tbsp sugar 1 Tbsp jelly or jam 1/2 cup sorbet, gelatin 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat	

Abbreviations: oz = ounce; Tbsp = tablespoon; tsp = teaspoon

^{*} Whole grains are recommended for most grain servings as a good source of fiber and nutrients.
† Serving sizes vary between ½ cup and 1½ cups, depending on cereal type. Check the product's Nutrition Facts label.
‡ Because eggs are high in cholesterol, limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz of meat.
§ Fat content changes serving amount for fats and oils. For example, 1 Tbsp of regular salad dressing equals one serving; 1 Tbsp of a low-fat dressing equals one-half serving; 1 Tbsp of a fat-free dressing equals zero servings.

What's on Your Plate and How Much Are You Moving?

Use this form to track your food and physical activity habits before you start on the DASH eating plan or to see how you're doing after a few weeks. To record more than 1 day, just copy the form. Total each day's food groups and compare what you ate with the DASH eating plan at your calorie level.

Date:				Num	ber of S	ervings	by DASH	l Food (Group	
Food	Amount (serving size)	Sodium (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Example: whole wheat bread, with soft (tub) margarine	2 slices 2 tsp	299 52	2						2	
Breakfast										
Lunch										
Dinner						£:				
Snacks										
Day's Totals										
2,000 calorie-level example: Compare yours with the DASH eating plan at your calorie level.		2,300 or 1,500 mg per day	6–8 per day	4–5 per day	4–5 per day	2-3 per day	6 or less per day	4-5 per week	2–3 per day	5 or less per week
Enter your calorie level and servings per day:										
Physical Activity Log Aim for at least 2 hours and 30 r moderate-intensity physical activ When your heart is beating notic activity is probably moderately in	ity per week. eably faster, the		30 min 5 min	Modera Cleanin	te walking g)				
Record your minutes per day for		Time:		Type of	activity:					

- Increase servings of vegetables, brown rice, whole wheat pasta, and cooked dry beans. Try casseroles and stir-fry dishes, which have less meat and more vegetables, grains, and dry beans.
- For snacks and desserts, use fruits or other foods low in saturated fat, *trans* fat, cholesterol, sodium, sugar, and calories—for example, unsalted rice cakes; unsalted nuts or seeds; raisins; graham crackers; fat-free, low-fat, or frozen yogurt; popcorn with no salt or butter added; or raw vegetables.
- Use fresh, frozen, or low-sodium canned vegetables and fruits.

DASH Hints

- Be aware that the DASH eating plan has more servings of fruits, vegetables, and whole grain foods than you may be used to eating. These foods are high in fiber and may cause some bloating and diarrhea. To avoid these problems, gradually increase the amount of fruit, vegetables, and whole grain foods that you eat over several weeks.
- If you have trouble digesting milk products, try taking lactase-enzyme pills (available at drug stores and groceries) with milk products. Or buy lactose-free milk, which includes the lactase enzyme.
- If you don't like or are allergic to nuts, use seeds or legumes (cooked dried beans or peas).
- If you take medicines to control your high blood pressure, keep taking them. But tell your doctor that you are now eating the DASH way.

Other Lifestyle Changes

Making other lifestyle changes while following the DASH eating plan is the best way to prevent and control high blood pressure.

Lose Weight, If Necessary, While Following DASH DASH is rich in lower-calorie foods, such as fruits and vegetables, so it easily can be changed to support weight loss. You can reduce calories even more by replacing higher calorie foods, such as sweets, with more fruits and vegetables. The best way to take off pounds is to do it slowly, over time, by getting more physical activity and eating fewer calories. To develop a weight-loss or weight-maintenance program that's tailored for you, talk to your doctor or a registered dietitian.

Be Physically Active While Following the DASH Eating Plan

Combining DASH with a regular physical activity program, such as walking or swimming, will help you shed pounds and stay trim for the long term. Start with a simple 15-minute walk during your favorite time of day, and gradually increase the amount of time you are active. You can do an activity for 30 minutes at one time, or choose shorter periods of at least 10 minutes each. The important thing is to total at least 2 hours and 30 minutes per week of activities at a moderate intensity level. For more health benefits, gradually increase to 5 hours per week.

Make the DASH for Life

DASH can help you prevent and control high blood pressure. It also can help you lose weight, if you need to. It meets your nutritional needs and has other health benefits for your heart. So get started today, and make the DASH for a healthy life.

To Learn More

Contact the National Heart, Lung, and Blood Institute (NHLBI) for information on heart disease and heart health.

NHLBI Health Information Center P.O. Box 30105

Bethesda, MD 20824-0105 Phone: 301-592-8573

TTY: 240-629-3255 Fax: 301-592-8563

Also check out these heart health resources:

NHLBI Website: http://www.nhlbi.nih.gov

"Aim for a Healthy Weight": http://www.nhlbi.nih. gov/health/educational/lose_wt/index.htm

DASH Health Topic: https://www.nhlbi.nih.gov/health/health-topics/topics/dash

"Dietary Guidelines for Americans 2010": http://www.health.gov/dietaryguidelines/

NHLBI Delicious Heart Healthy Recipes: https://healthyeating.nhlbi.nih.gov/

A Day With the DASH Eating Plan

2,300 mg Sodium (Na) Menu	Substitution to Reduce Sodium to 1,500 mg
Breakfast	
1/2 cup instant oatmeal	1/2 cup regular oatmeal with 1 tsp cinnamon
1 mini whole wheat bagel:	
1 Tbsp peanut butter	
1 medium banana	
1 cup low-fat milk	
Lunch	
Chicken breast sandwich:	
2 slices (3 oz) chicken breast, skinless	
2 slices whole wheat bread	,
1 slice (¾ oz) natural cheddar cheese, reduced-fat	1 slice (% oz) natural Swiss cheese, low-sodium
1 large leaf romaine lettuce	
2 slices tomato	
1 Tbsp low-fat mayonnaise	
1 cup cantaloupe chunks	
1 cup apple juice	
Dinner	
1 cup cooked spaghetti:	
3/4 cup low-salt vegetarian spaghetti sauce	
3 Tbsp Parmesan cheese	*
Spinach salad:	*
1 cup fresh spinach leaves	
1/2 cup fresh carrots, grated	
1/2 cup fresh mushrooms, sliced	
1 Tbsp vinegar and oil dressing	¥
½ cup corn, cooked from frozen	
½ cup canned pears, juice pack	
Snacks	
1/3 cup almonds, unsalted	· ·
¼ cup dried apricots	
1 cup fruit yogurt, fat-free, no sugar added	

Nutrients Per Day	2,300 mg	1,500 mg
Calories	2,027	2,078
Total fat	64 g	68 g
Calories from fat	28%	30%
Saturated fat	13 g	16 g
Calories from saturated fat	6%	7%
Cholesterol	114 mg	129 mg
Sodium	2,035 mg	1,560 mg
Calcium	1,370 mg	1,334 mg
Magnesium	535 mg	542 mg
Potassium	4,715 mg	4,721 mg
Fiber	34 g	34 g

Abbreviations: mg = milligram; Tbsp = tablespoon; tsp = teaspoon; oz = ounce; g = gram





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