

## **DASH Eating Plan**

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

<b>⊘</b> Eat This		Limit This
	Vegetables	Fatty meats
<b>1</b>	Fruits	
	Whole grains	Full-fat dairy
1%	Fat-free or low-fat dairy	
7	Fish	Sugar sweetened beverages
TA	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.





