What is DASH?

Dietary Approaches to Stop Hypertension

- It's a sensible and flexible eating plan that includes a wide variety of nutritious and delicious whole foods: fruits, vegetables, lowfat dairy foods, whole grains, fish, poultry and beans.

- It's a science-based eating plan rich in calcium, potassium, magnesium, and fiber, and low in saturated and trans fats.

- It's simple because it's based on easy-to-find foods that taste great.

- It also calls for less salt (sodium).

- It can help lower high blood pressure (nearly as effectively as some medications), decrease your risk of stroke, and help with bone health and weight loss.

- It features dairy foods, including lowfat or fat-free milk, yogurt and cheese, as a key component. Dairy's calcium, potassium and magnesium, together with fiber and protein, reduce the risk of high blood pressure and stroke.

Recognized in 2015 Dietary Guidelines for Americans as a healthy eating plan

Recommended by National Heart, Lung and Blood Institute and American Heart Association

Ranked by US News and World Report as "Best Overall Diet" 8 years in a row

St. Louis District Dairy Council

The Nutrition Education People

www.stldairycouncil.org

DASH Grocery Store Checklist

Fill your shopping cart with foods that fit the DASH Eating Plan. These easy-to-find foods can help you create meals that not only taste great, but can help lower high blood pressure.

DAIRY

___ Butter
___ Buttermilk (lowfat)
___ Cheese (hard: reduced-fat cheddar, Monterey jack, parmesan)
___ Cheese (soft): blue or feta
___ Cottage cheese (lowfat)
___ Milk (fat-free or lowfat)
___ Flavored milk (fat-free or lowfat)
___ Kefir
___ Mozzarella (part skim)
___ Sour cream (lowfat)
___ Yogurt (fat-free or lowfat)

MEAT, POULTRY, SEAFOOD, SOY

___ Beef: flank, round, or sirloin
___ Chicken or turkey (skinless)
___ Eggs
___ Ground beef, turkey or chicken (lean)
___ Fish fillets (plain)
___ Pork tenderloin
___ Sliced deli meat
___ Salmon
___ Shrimp
___ Tempeh
___ Tofu

GRAINS
(whole wheat, whole grain)

___ Bagels
___ Barley
___ Bran cereal
___ Bread
___ Brown rice
___ Bulgur
___ Couscous (whole wheat)
___ English muffins
___ Whole grain cereal (hot or cold)
___ Lowfat granola
___ Kasha (buckwheat)
___ Muesli
___ Pita
___ Tortillas (corn or whole-wheat)
___ Oats (old-fashioned or steel cut)
___ Pasta (whole wheat)
___ Quinoa
___ Wild rice

FRUITS
(fresh)

___ Apples
___ Apricots
___ Avocados
___ Bananas
___ Berries: blackberries, blueberries, raspberries or strawberries
___ Cherries
___ Citrus: grapefruit, oranges, or tangerines
___ Grapes
___ Kiwi fruit
___ Lemons or limes
___ Mango
___ Melon: cantaloupe, honeydew, or watermelon
___ Nectarines or peaches
___ Papaya
___ Pears
___ Pineapple
___ Plums

VEGETABLES
(fresh)

___ Artichokes
___ Asparagus
___ Beets
___ Bell peppers
___ Broccoli
___ Brussels sprouts
___ Cabbage
___ Carrots
___ Cauliflower
___ Celery
___ Corn
___ Cucumbers
___ Eggplant
___ Green beans
___ Mushrooms
___ Leafy greens: kale, Swiss chard, or turnip greens
___ Lettuce or salad greens
___ Onions: red, white, yellow or green
___ Peas: green peas, snap peas, or snow peas
___ Potatoes or sweet potatoes
___ Radishes
___ Spinach
___ Squash: acorn, butternut, pumpkin, or spaghetti
___ Zucchini
___ Tomatoes

FROZEN

___ Chicken breast (skinless)
___ Fish fillets (plain) and shellfish
___ French toast (whole grain)
___ Fruit (no added sugar)
___ 100% fruit juice bars
___ Pancakes (whole grain)
___ Vegetables (plain)
___ Veggie burgers
___ Waffles (whole grain)

CANNED GOODS

___ Applesauce (unsweetened)
___ Beans and lentils: black, garbanzo, kidney, pinto, refried or white
___ Broth (low- or reduced-sodium)
___ Chiles (diced)
___ Salmon or tuna (packed in water)
___ Soup (low- or reduced-sodium)
___ Tomatoes (low- or reduced-sodium)
___ Tomato paste
___ Tomato sauce (low- or reduced sodium)
___ Canned fruit (in own juice)
___ Low-sodium vegetables

CONDIMENTS, SAUCES SPREADS

___ Bean dip
___ Chili sauce or hot sauce
___ Fruit-only or low-sugar spreads
___ Hummus
___ Ketchup
___ Marinara sauce (reduced-sodium)
___ Mayonnaise (low-fat)
___ Mustard
___ Oil: canola, olive, sesame
___ Pesto
___ Fresh salsa or Pico de gallo
___ Salad dressing (vinaigrette or lowfat)
___ Soy sauce (reduced-sodium)
___ Vinegar: balsamic, cider, red wine or rice wine

NUTS & SEEDS

___ Almonds
___ Cashews
___ Hazelnuts
___ Nut butter (peanut or almond)
___ Peanuts
___ Pecans
___ Seeds (chia, flax, pumpkin or sunflower)
___ Soy nuts
___ Walnuts

BEVERAGES

___ 100% fruit juice
___ Herbal tea
___ Sparkling water
___ Low-sodium vegetable juice

PACKAGED SNACKS

___ Crackers (whole grain)
___ Dried fruit: dates, figs, prunes or raisins
___ Granola bars
___ Popcorn: air popped or light
___ Pretzels (whole grain)

HERB & SPICES
(dried or fresh)

___ Allspice
___ Basil
___ Bay leaf
___ Cayenne pepper
___ Chili flakes/powder
___ Chives
___ Cilantro
___ Cinnamon
___ Cloves
___ Coriander
___ Cumin
___ Curry powder
___ Dill
___ Garlic
___ Ginger
___ Mint
___ Mustard
___ Nutmeg
___ Oregano
___ Paprika
___ Parsley
___ Pepper: white or black
___ Rosemary
___ Sage
___ Tarragon
___ Thyme

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