

HEART HEALTHY EATING WITH THE DASH DIET: 2/9/09

February is Heart Month! Look for more events and programs scheduled the week of February 23rd.

There have been many diets geared toward heart healthy eating, and modifying the traditional "Western" diet that is high in animal proteins and low in fruits, vegetables, whole grains and dairy. Some of these diets include the Mediterranean Diet and the DASH plan (Dietary Approaches to Stop Hypertension).

Weight loss and a decreased consumption of sodium can help lower blood pressure, but the DASH plan has shown even greater benefits at reducing incidences of hypertension.

Here are some goals of the DASH plan:

- Low in saturated fat, total fat and cholesterol
- Low in sodium
- Rich in fiber, potassium, calcium and magnesium

Example of the DASH plan (2000 calorie diet):

- 6-8 servings of whole grains per day
- 4-5 servings of fruit and vegetables per day
- 2-3 servings of fat free or low fat dairy per day
- 2-3 servings of plant based fats per day
- 6 oz or less of lean animal or plant proteins per day
- 4-5 servings of nuts, seeds, or legumes per week
- Limit intake of sweets and added sugars.

Tips on starting the DASH plan:

- Slowly start adding more fruits and vegetables into diet
- Start cutting back on high fat dairy and meats
- Gradually substitute whole grains for enriched grains (i.e. white bread)

Gradually making healthy changes in each food group will help make this plan a *lifestyle* change, rather than a short lived "diet".

Don't forget!

- The DASH plan is also good for preventing other chronic conditions such as diabetes, cancer, heart disease and obesity.
- Stress management and exercise are *equally* important as eating healthier for prevention and treatment!

Resources:

For a free copy of the booklet, [Your Guide to Lowering Your Blood Pressure with DASH](#) visit www.nhlbi.nih.gov

This booklet contains general dietary guidelines, meal plans for various calorie amounts, lists of high potassium foods, food label reading, a 7 day meal plan based on 2000 calories and accompanying recipes. For the direct link look at the NUTRITION TIP box to the right.

GROUP WALK Wednesday 2/18 2:00pm Student Center

Meet in front of the bookstore. This path is advanced as it includes MANY flights of stairs. [CLICK HERE](#) to check out the path ahead of time.

Nutrition Tip

To see the DASH diet plan in its entirety, [CLICK HERE](#)

[CLICK HERE](#) for a handout from the American Heart Association with tips on **HOW TO EAT HEALTHFULLY**

Fitness Tip

For 14 tips to start an exercise program and stick with it, [CLICK HERE](#)

REMINDER!
FREE Stability Ball Workshop Feb 11th, 11am @ the fitness center

RSVP 203-392-8968 to save your spot!

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