

## The Dual Challenge of Diabetes and Hypertension

### Goal

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I will decrease use less salt in my diet every day and learn about the DASH diet.



**DASH** stands for “Dietary Approaches to Stop Hypertension”. This diet has a combination effect of lowering both blood pressure and blood cholesterol. The diet is rich in fruits, vegetables, low fat dairy, and low in both total fat and saturated fat. It is high in dietary fiber, potassium, calcium and magnesium. These are all components that reduce your blood pressure.

Food Groups	Daily Servings	Serving Sizes	Food Examples
Grains & Grain Products	7-8	<ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• ½ cup cooked rice, pasta, or hot cereal</li> <li>• ¾ cup dry cereal</li> </ul>	Whole grain wheat products, oat bran products, brown or wild rice, fortified whole grain cereal products
Vegetables	4-5	<ul style="list-style-type: none"> <li>• 1 cup raw (dark leafy)</li> <li>• ½ cup cooked</li> <li>• 6 oz juice</li> </ul>	Tomatoes, potatoes, carrots, peas, squash, broccoli, greens, collards, kale, spinach, artichokes, sweet potatoes, beans
Fruits	4-5	<ul style="list-style-type: none"> <li>• ½ cup canned</li> <li>• 4 oz juice</li> <li>• 1 medium piece</li> <li>• ¼ cup dried</li> </ul>	Apricots, bananas, dates, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines
Low-Fat or Non-Fat Dairy Products	2-3	<ul style="list-style-type: none"> <li>• 8 oz milk</li> <li>• 1 cup yogurt</li> <li>• 1.5 oz cheese</li> </ul>	Skim or 1% milk, skim or low fat buttermilk, nonfat or low fat yogurt, part skim mozzarella cheese, nonfat cheese
Meats, Poultry, Fish	2 or less	<ul style="list-style-type: none"> <li>• 3 oz cooked</li> </ul>	Select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry
Nuts, Seeds and Legumes	4-5 <b>per week</b>	<ul style="list-style-type: none"> <li>• 1/3 cup nuts</li> <li>• 2 TBSP seeds</li> <li>• ½ cup legumes</li> </ul>	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils