

ONE IN THREE ADULTS HAVE HIGH BLOOD PRESSURE.¹

And they probably don't know it.



Talk with your patients about DASH.

**Foods Emphasized
in the DASH
Eating Plan**

- ✓ **LOW-FAT or FAT-FREE MILK, yogurt or reduced-fat cheese**
- ✓ **FRUITS**
- ✓ **VEGETABLES**
- ✓ **WHOLE GRAINS**

Lifestyle changes, including diet, are an important part of any plan to achieve and maintain a healthy blood pressure. In fact, **the DASH (Dietary Approaches to Stop Hypertension) Eating Plan** is recommended to both prevent and control high blood pressure.

The DASH diet may even lower blood pressure as well as the use of some medications. In those with mild hypertension, the DASH diet reduced blood pressure as much as a single antihypertensive medication.²

Dairy foods are among the top food sources of calcium, potassium and magnesium in the DASH diet.³ These three nutrients play an important role in blood pressure regulation.



Let USDA's MyPyramid be your guide - www.mypyramid.com.

For DASH recipes and example calorie level menus, visit http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf.

For more tips and healthy recipes, go to www.nationaldairyCouncil.org.



NATIONAL DAIRY COUNCIL



AMERICAN ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA



American Dietetic
Association



These health and nutrition organizations support 3-Every-Day™ of Dairy, a science-based nutrition education program encouraging Americans to consume the recommended three daily servings of nutrient-rich low-fat or fat-free milk and milk products to improve overall health.

¹ American Heart Association; High Blood Pressure Statistics; <http://www.americanheart.org>

² Appel LJ, et al., A clinical trial of the effects of dietary patterns on blood pressure, NEJM, 336: 1117-1124, 1997

³ Lin P-H, et al., Food group sources of nutrients in the dietary patterns of the DASH-Sodium Trial, J Am Diet Assoc, 103(4): 488-496, 2003