

DASH Diet

The Dietary Approaches to Stop Hypertension (DASH) diet is a dietary pattern recommended to improve cardiovascular health and manage hypertension (high blood pressure). The diet emphasizes the intake of minimally-processed, blood pressure-lowering foods and nutrients, and limits the intake of foods and nutrients that may contribute to hypertension.

Health benefits of the DASH diet

- Improves blood pressure, blood sugar, blood lipid, and high-sensitivity C-reactive protein (hs-CRP) levels
- Reduces the risk of cardiovascular disease (CVD), stroke, and CVD-related mortality
- May benefit individuals with hyperlipidemia, overweight/obesity, and insulin resistance
- Reduces the risk of kidney disease, gout, colorectal cancer, and all-cause mortality



Foods to include

Food group	Serving size	Servings	Examples
Whole grains	½ cup of cooked grains or 1 slice of bread	6-8/day	Oats, wheat, millet
Vegetables	½ cup of cooked or raw vegetables, or 1 cup of raw leafy greens	4-5/day	Green leafy vegetables (e.g., collards, kale, mustard greens, spinach)
Fruit	1 medium fruit, ½ cup of fresh fruit, or ¼ cup of dried fruit	4-5/day	Apples, berries, citrus fruit, peaches, plums
Low-fat dairy	1 cup of milk or 1.5 oz of cheese	2-3/day	Cheese, milk, yogurt
High-quality fat	1 tsp of oil	2-3/day	Avocado, flaxseed oil, olive oil
Animal protein	1 egg or 1 oz of cooked meat, poultry, or fish	Maximum 6/day	Lean cuts of poultry, omega-3-rich fish (e.g., salmon, mackerel, sardines), low-fat dairy, eggs
Plant-based protein	½ cup cooked beans or legumes, 1/3 cup of nuts, 2 tbsp of seeds, or 2 tbsp of nut butter	4-5/week	Beans, legumes, nuts, seeds

Foods to limit

Food group	Servings	Examples
Processed and cured meats	Avoid entirely	Cold cuts, corned beef, hot dogs, sausages
Poor-quality fat	Avoid entirely	Margarine, partially hydrogenated vegetable oils, shortening
Saturated fat	Less than 10% of total daily caloric intake	Red meat (e.g., beef, pork), high-fat dairy products
Sodium	Less than 2,300 mg/day; ideally less than 1,500 mg/day	Processed and prepackaged food (e.g., canned and frozen foods, lunch meats, pre-made sauces and dressings, white bread)
Added sugars	Less than 10% of total daily caloric intake	Baked goods, candy, sugar-sweetened beverages, syrups, table sugar
Alcohol	Women: 1 drink/day maximum Men: 2 drinks/day maximum	Beer, spirits, wine



References

1. Bazzano, L. A., Green, T., Harrison, T. N., & Reynolds, K. (2013). Dietary approaches to prevent hypertension. *Current Hypertension Reports*, 15(6), 694–702.
2. Bricarello, L.P., Poltronieri, F., Fernandes, R., Retondario, A., de Moraes Trindade, E.B.S., & de Assis Guedes de Vasconcelos, F. (2018). Effects of the Dietary Approach to Stop Hypertension (DASH) diet on blood pressure, overweight and obesity in adolescents: A systematic review. *Clinical Nutrition ESPEN*, 28, 1-11.
3. Campbell, A.P. (2017). DASH eating plan: An eating pattern for diabetes management. *Diabetes Spectrum*, 30(2), 76-81.
4. Campos, C.L., Wood, A., Burke, G.L., Bahrami, H., & Bertoni, A.G. (2019). Dietary Approaches to Stop Hypertension diet concordance and incident heart failure: The multi-ethnic study of atherosclerosis. *American Journal of Preventive Medicine*, 56(6), 819–826.
5. Challa, H.J., Tadi, P., & Uppaluri, K.R. (2019). DASH diet (Dietary Approaches to Stop Hypertension). *StatPearls*. Treasure Island (FL): StatPearls Publishing.
6. National Heart, Blood, and Lung Institute. (n.d.). DASH eating plan. <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>
7. Saneei, P., Salehi-Abargouei, A., Esmailzadeh, A., & Azadbakht, L. (2014). Influence of Dietary Approaches to Stop Hypertension (DASH) diet on blood pressure: A systematic review and meta-analysis on randomized controlled trials. *Nutrition, Metabolism and Cardiovascular Diseases*, 24(12), 1253-1261.



For more educational content and resources: www.fullscript.com/learn

This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.
*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

Updated: May 2021