



## Eat Smart for a Healthy Heart

### D.A.S.H. Diet (Dietary Approaches to Stop Hypertension)

#### Enjoy a variety of nutritious foods from all food groups

- Vegetables, whole grains and fruits
- Choose lean sources of protein, such as:
  - Skinless chicken breast or turkey breast
  - Beans and lentils
  - If you choose to eat red meat, choose those with the least amount of fat
- Choose nonfat (fat-free or skim) and low-fat (1 percent) dairy products such as fat-free yogurt and cheese made with low-fat milk

#### Avoid processed foods

- Replace highly processed and salty foods with homemade, or items processed without salt

#### Increase your fruit and vegetables

- Add 1 cup of frozen fruit, such as mangoes, pineapples or strawberries, to smoothies
- Snack on carrots, bell peppers, sugar snap peas and cucumbers with hummus
- Roast vegetables such as asparagus, zucchini or broccoli to include with dinner

#### Limit sugary drinks and sweets, along with fatty meats and fried foods

- Consume no more than one can (12 fluid oz.) of sugary carbonated drinks per day
- Dilute sweet tea with water or unsweet tea, and limit to 12 fluid oz. per day
- Choose grilled or baked options and avoid fried foods when possible

#### Understand different types of fats

- Limit foods with saturated fats (saturated fats are solid at room temperature):
  - Butter, fatty meats, poultry skin, bacon, sausage, full-fat dairy products (whole milk, cheese, cream) and tropical oils such as palm kernel oil and coconut oils
- Avoid foods with trans fats:
  - Shortening, stick margarine and foods that list “hydrogenated vegetable oil” as an ingredient (commonly found in pre-packaged baked goods)
- Include foods with unsaturated fats:
  - Liquid oils, avocados, nuts and fatty fish (including salmon, mackerel, anchovies, albacore tuna and sardines)