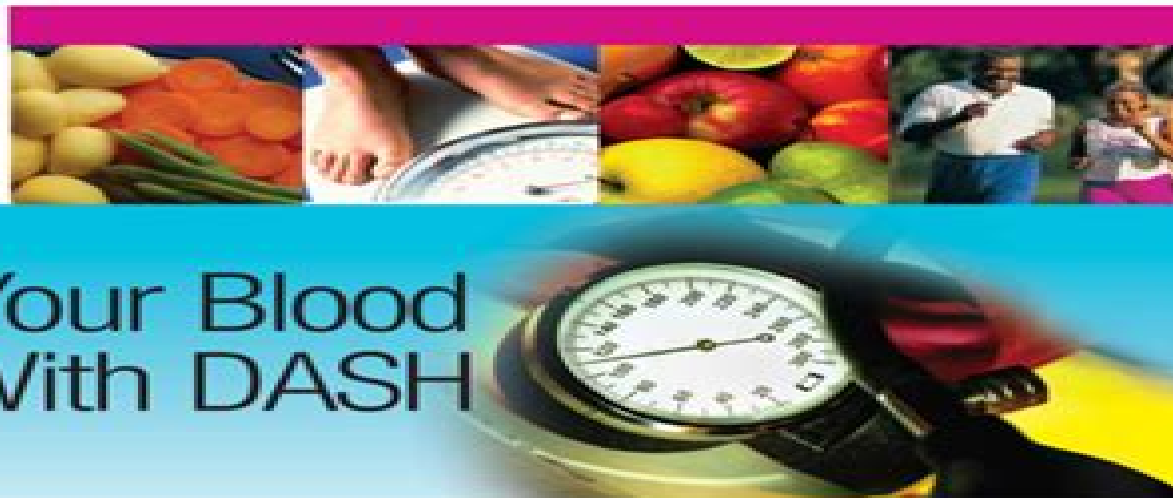


IN BRIEF:

# Your Guide To Lowering Your Blood Pressure With DASH



What you eat affects your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented—and lowered—by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less salt and sodium.

High blood pressure, which is blood pressure higher than 140/90 mmHg,\* affects more than 65 million—or 1 out of every 3—American adults. Another 59 million Americans have prehypertension, which is blood pressure between 120/80 and 140/89 mmHg. This increases their chances of developing high blood pressure and its complications.

High blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries, and can cause the brain to hemorrhage or the kidneys to function poorly or not at all. If not controlled, high blood pressure can lead to heart and kidney disease, stroke, and blindness.

\* Blood pressure is usually measured in milligrams of mercury, or mmHg.

But high blood pressure can be prevented—and lowered—if you take these steps:

- Follow a healthy eating plan, such as DASH, that includes foods lower in salt and sodium.
- Maintain a healthy weight.
- Be moderately physically active for at least 30 minutes on most days of the week.
- If you drink alcoholic beverages, do so in moderation.

If you already have high blood pressure and your doctor has prescribed medicine, take your medicine, as directed, and also follow these steps.

## The DASH Eating Plan

The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less salt and sodium; sweets, added sugars, and sugar-containing beverages; fats; and red meats than the typical American diet. This heart healthy way of eating is also lower in saturated fat, *trans* fat, and cholesterol and rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, and calcium, protein, and fiber.



U.S. Department of Health and Human Services  
National Institutes of Health  
National Heart, Lung, and Blood Institute

# Your Guide To Lowering Blood Pressure With Dash

**M Mosston**



## **Your Guide To Lowering Blood Pressure With Dash:**

*Dash Diet Plan* National Institute of Health, Gale Schoenle, 2012-02-01 DASH Diet Plan Your Guide to Lowering High Blood Pressure With 7 Days Program is a medical guide that will help everyone who has a high blood pressure problem This book gives you a basic concept about high blood pressure and DASH how you can make and start with the DASH Finally This book include a 7 days DASH program which effectively lower your blood pressure with recipes that you can do it at home Contents in this book DASH Diet Plan Your Guide to Lowering High Blood Pressure Introduction What Is High Blood Pressure Box 1 Blood Pressure Levels for Adults What Is the DASH Eating Plan Box 2 Daily Nutrient Goals Used in the DASH Studies for a 2 100 Calorie Eating Plan Who Helped With DASH How Do I Make the DASH Box 3 Following the DASH Eating Plan Box 4 DASH Eating Plan Number of Daily Servings for Other Calorie Levels Box 5 How to Lower Calories on the DASH Eating Plan Box 6 Make a Dash for DASH Box 7 Where s the Sodium Box 8 Tips To Reduce Salt and Sodium Box 9 Reducing Salt and Sodium When Eating Out Box 10 Compare Nutrition Facts Labels on Foods Box 11 Label Language Box 12 Where s the Potassium How Can I Get Started on the DASH Eating Plan Box 13 Getting Started Box 14 What s on Your Plate Box 15 Making the DASH to Good Health A Week With the DASH Eating Plan Recipes for Heart Health Your Guide to Lowering Your Blood Pressure with DASH National Heart Lung, 2019-05-13 Get with the plan that is clinically proven to significantly reduce blood pressure This updated booklet contains a week s worth of sample menus and recipes The Dietary Approaches to Stop Hypertension DASH eating plan features plenty of fruits vegetables whole grains and other foods that are heart healthy and low in salt sodium Also contains additional information on weight loss and physical activity For those interested in a condensed version on this topic see In Brief Your Guide to Lowering Your Blood Pressure with DASH **Your Guide to Lowering Your Blood Pressure with the DASH Eating Plan (rev. ed.)** Nat. Heart, 2011-07-13 What you choose to eat affects your chances of developing high blood pressure or hypertension the medical term Studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension DASH eating plan and by eating less salt also called sodium While each step alone lowers blood pressure the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure This guide based on the DASH research findings tells how to follow the DASH eating plan and reduce the amount of sodium you consume Contents Introduction What Is High Blood Pressure What Is the DASH Eating Plan How Do I Make the DASH How Can I Get Started on the DASH Eating Plan A Week With the DASH Eating Plan Recipes for Heart Health Figures and tables This is a print on demand report Your Guide to Lowering Your Blood Pressure with DASH Eating Plan National Heart, Lung, and Blood Institute, & Blood Institute Lung, 2006 *Your Guide to Lowering Your Blood Pressure with DASH*, 2006 **HeartMemo**, 2002 *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* David P. Swain, ACSM, Clinton A. Brawner, 2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a

complement to ACSM's Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM. The 7th edition provides information necessary to address the knowledge, skills, and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription. ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training.

*Handbook of Religion and Health* Harold Koenig, Dana King, Verna B. Carson, 2012-02-06. The Handbook of Religion and Health has become the seminal research text on religion, spirituality, and health, outlining a rational argument for the connection between religion and health. The Second Edition completely revises and updates the first edition. Its authors are physicians, a psychiatrist, and a geriatrician, a primary care physician, and a professor of nursing and specialist in mental health nursing. The Second Edition surveys the historical connections between religion and health and grapples with the distinction between the terms religion and spirituality in research and clinical practice. It reviews research on religion and mental health as well as extensive research literature on the mind-body relationship and develops a model to explain how religious involvement may impact physical health through the mind-body mechanisms. It also explores the direct relationships between religion and physical health, covering such topics as immune and endocrine function, heart disease, hypertension, and stroke, neurological disorders, cancer, and infectious diseases, and examines the consequences of illness, including chronic pain, disability, and quality of life. Finally, the Handbook reviews research methods and addresses applications to clinical practice. Theological perspectives are interwoven throughout the chapters. The Handbook is the most insightful and authoritative resource available to anyone who wants to understand the relationship between religion and health.

*ASPC Manual of Preventive Cardiology* Ezra A. Amsterdam, Nathan Wong, Ezra Amsterdam, MD, Roger Blumenthal, MD, FACC, FAHA, 2014-10-23. Endorsed by the American Society for Preventive Cardiology, this highly practical resource focuses on the application of current guidelines and practice standards in the clinical management of cardiovascular risk factors. The Manual presents concise descriptions of each major cardiovascular risk factor and practical, to-the-point discussions of current best practices in clinical management. In addition, the Manual includes chapters on peripheral arterial disease, stroke, smoking, contemporary cardiovascular imaging, heart failure, metabolic syndrome, thrombosis, nutrition, special populations, novel risk factors, and psychosocial stress. Throughout the Manual, recommendations are based on the most recent prevention guidelines of the American College of Cardiology and American Heart Association, including those on Risk Assessment, Lifestyle Recommendations, Blood Cholesterol, and Obesity, as well as the new guidelines on Hypertension. Chapter authors are recognized leaders in each area of practice, and special efforts have been made by the authors and editors to ensure that the content of all chapters is as up-to-date as possible.

**Key Features:** Presents a highly practical focus on the application of current guidelines and practice standards regarding cardiovascular risk factors. Recommendations based on the most recent prevention guidelines. Authored by recognized

leaders in the field Covers all major cardiovascular risk factors key methodologies in risk assessment and special issues regarding specific patient populations      **Bates' Guide to Physical Examination and History-Taking** Lynn Bickley, Peter G. Szilagyi, 2012-11-01 With the 11th edition focus turns back to the student in nurse practitioner physician's assistant and medical programs The text continues to be a trusted reference for nursing and medical students as well as practitioners The art program has been revised to bring greater consistency and currency to the illustrations Many photographs particularly those depicting skin conditions are being replaced with newer photos of higher quality The well respected and highly useful layout and organization of the book are retained Each chapter has been reviewed and revised to keep the text up to date The following features long admired among dedicated Bates users are also retained Detailed beautifully depicted Tables of Abnormalities Extensive Pediatric chapter Illustrated Anatomy and Physiology review begins each chapter Important information on Interviewing Techniques and Patient Communication Outstanding line art program Two column format as guide for physical assessment Useful Clinical tips throughout The ancillary assets are also being updated to redirect the focus toward higher level nursing students and medical students      *Nutrition, Fitness, and Mindfulness* Jaime Uribarri, Joseph A. Vassalotti, 2025-07-11 This book presents an approach to the integration of healthy behaviors in clinical practice based on cutting edge science It has been authored and edited by a select group of national and international experts in their respective fields who have developed these concepts for application in routine practice This second edition of *Nutrition Fitness and Mindfulness* uses three major categories to discuss healthy behavior healthy eating active living and mindfulness All chapters are formatted to provide key learning points and summarized conclusions for easy reference Eighteen chapters of the first edition have been updated in this new edition and cover such topics as the DASH diet plant based nutrition the Mediterranean diet beneficial herbs and spices fitness spirituality meditation healthy sleep and disease prevention 7 new chapters have been added covering ultra processed foods food as medicine integrating dietary patterns into the cultural preference multicompartiment exercise strategies for improving health in older adults with comorbidities as well as chapters on evidence based lifestyle interventions in risk of genitourinary cancer diabetes and barriers to a healthy lifestyle *Nutrition Fitness and Mindfulness An Evidence based Guide for Clinicians* is a comprehensive guide aimed at all clinicians and healthcare professionals encouraging patients to make more thoughtful and healthy lifestyle choices      *Your Guide to a Healthy Heart* National Heart, Lung, & Blood Institute, 2005      **ACSM's Complete Guide to Fitness & Health** American College of Sports Medicine, Barbara A. Bushman, 2017-02-09 Here is the ultimate resource for maximizing your exercise and nutrition efforts In this new edition of ACSM's Complete Guide to Fitness Health you have an authoritative reference that allows you to apply research based guidance to your unique health and fitness needs With a focus across the life span this resource shows you how to pursue optimal health and fitness now and throughout the years to come The American College of Sports Medicine the largest and most respected sport science and medicine organization in the world

has created this book to bridge the gap between science and the practice of making personal lifestyle choices that promote health. This new edition contains age specific advice within the framework of the latest research thus helping you to avoid the lure of fads, unfounded myths and misinformation. You will learn these strategies. Incorporate the latest guidelines for physical activity and nutrition into your daily routine to improve your fitness and overall health. Optimize your weight and increase strength, flexibility, aerobic fitness and functional fitness. Improve health and manage conditions such as diabetes, cardiovascular disease, cancer, depression, osteoporosis, arthritis, pregnancy and Alzheimer's disease through exercise and nutrition. Monitor, evaluate and tailor your exercise program for optimal results. Featuring step by step instructions and full color photos for the most effective exercises, sample workouts, practical advice, age specific physical activity and dietary guidelines and strategies for incorporating exercise and healthy nutrition choices into even the busiest of lifestyles. ACSM's Complete Guide to Fitness & Health, 2E American College of Sports Medicine, Bushman, Barbara, 2017-01-23. ACSM's Complete Guide to Fitness & Health Second Edition offers the most current exercise and nutrition guidelines along with assessments, exercises, activities and programs for varying ages, special conditions and fitness goals. Authoritative and comprehensive, it makes adding, enhancing or customizing a fitness and health routine safe and effective. *Culinary Nutrition* Jacqueline B. Marcus, 2013-04-15. *Culinary Nutrition: The Science and Practice of Healthy Cooking* is the first textbook specifically written to bridge the relationship between food science, nutrition and culinology, as well as consumer choices for diet, health and enjoyment. The book uses a comprehensive format with real life applications, recipes and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health beneficial and taste desirable products. With pedagogical elements to enhance and reinforce learning opportunities, this book explores what foods involve the optimum nutritional value for dietary needs, including specific dietary requirements and how foods are produced. It also considers alternative production methods along with the impact of preparation on both the nutritional value of a food and its consumer acceptability. Other discussions focus on the basics of proteins, carbohydrates and lipids, issues of diet and disease such as weight management and food production and preparation. Laboratory type in class activities are presented using limited materials and applications of complex concepts in real life situations. This book will be a valuable resource for undergraduate students in culinary nutrition, nutrition science, food science and nutrition and culinary arts courses. It will also appeal to professional chefs and food scientists as well as research chefs in product development. Gourmand World Cookbook Awards 2014 USA Best Author or Chef for Professionals. Gourmand International Global Food Industry Awards 2014 Special Mention in Communicating Science Related Knowledge to Consumers. Aimed at Improving their Lifestyle. International Union of Food Science and Technology IUFoST. Explores the connections among the technical sciences of nutrition, food science and the culinary arts as well as consumer choices for diet, health and enjoyment. Presents laboratory type in class activities using

limited materials and real life applications of complex concepts Includes photographs and recipes to enhance learning experience **Brunner and Suddarth's Textbook of Medical-Surgical Nursing** Janice L. Hinkle, Kerry H. Cheever, 2018-08-30 Trusted by nursing fraternity for more than 50 years Brunner and Suddarth's Textbook of Medical Surgical Nursing layers essential patient care information engaging critical thinking exercises and diverse features to help students learn critical content The South Asian edition is comprehensively updated to customize and keep pace with South Asia's health care environment by including Indian Asian epidemiologic data of common diseases and disorders flowcharts of pathophysiologic processes of various diseases and disorders and psychosocial concepts which is contemporary to South Asian scenario Furthermore essential medical surgical nursing content and diseases disorders which are specific to South Asia are added to make this textbook most suitable to South Asian learners **The Diabetes Textbook** Joel Rodriguez-Saldana, 2023-07-04 The Diabetes Textbook Clinical Principles Patient Management and Public Health Issues 2nd Edition addresses diabetes from a comprehensive multidisciplinary perspective Its purpose is to integrate state of the art information on diabetes from specialists in various disciplines including epidemiology public health pathophysiology non pharmacologic and pharmacologic treatment patient support acute and chronic complications new and unproven therapies and prevention The main benefit of The Diabetes Textbook is its integrative approach The book is therefore intended for three main types of readers 1 physicians and health professionals seeking a comprehensive approach to diabetes 2 those with previous expertise in a specific professional area who want to expand their knowledge and 3 those interested in learning about topics not previously covered who will find the contents of The Diabetes Textbook both enriching and innovative The Diabetes Textbook is intended for a broad readership including professors of medicine and related disciplines nursing nutrition psychology general physicians internists and specialists e g in ophthalmology endocrinology cardiology obstetrics and gynecology pediatrics geriatrics epidemiology and public health To address these readers needs the second edition is divided into the following eleven sections 1 Magnitude of the Problem from an Individual and Social Context 2 Diagnosis Classification and Mechanisms of Disease 3 Global Experiences in Diabetes Care 4 Basic Components of Management Patient Centeredness Evidence Based Medicine and Outcomes 5 Resources of Support for Persons with Diabetes 6 Drug Therapy 7 Cardiovascular Risk Factors 8 Acute Complications 9 Chronic Complications 10 Diabetes in Special Populations and 11 Novel Therapeutic Approaches Evidence Based and Non Proven and Diabetes Prevention **Medical-Surgical Nursing** Sharon L. Lewis, RN, PhD, FAAN, Linda Bucher, Margaret M. Heitkemper, RN, PhD, FAAN, Shannon Ruff Dirksen, RN, PhD, 2013-12-02 Over the past three decades more and more nursing educators have turned to Lewis Medical Surgical Nursing for its accurate and up to date coverage of the latest trends hot topics and clinical developments in the field of medical surgical nursing and the new ninth edition is no exception Written by a dedicated team of expert authors led by Sharon Lewis Medical Surgical Nursing 9th Edition offers the same easy to read style that students have come to love along with the timely and thoroughly accurate

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**Examining community-engaged and participatory research programs and projects** Milton “Mickey” Eder, John Oetzel, Michael Yonas, Karen

D'Alonzo, 2023-08-30 **Nutrition in the Prevention and Treatment of Disease** Ann M. Coulston, Carol J. Boushey, Mario Ferruzzi, 2013 This comprehensive clinical nutrition textbook uniquely focuses on the clinical applications and disease prevention of nutrition clearly linking the contributions of basic science to applied nutrition research and in turn to research based patient care guidelines



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