



The DASH Eating Plan

Make Small Changes to Create a Healthier You

Overview

- What is the DASH Eating Plan?
- How to DASH
- Small Changes



What is the DASH Eating plan?

Dietary

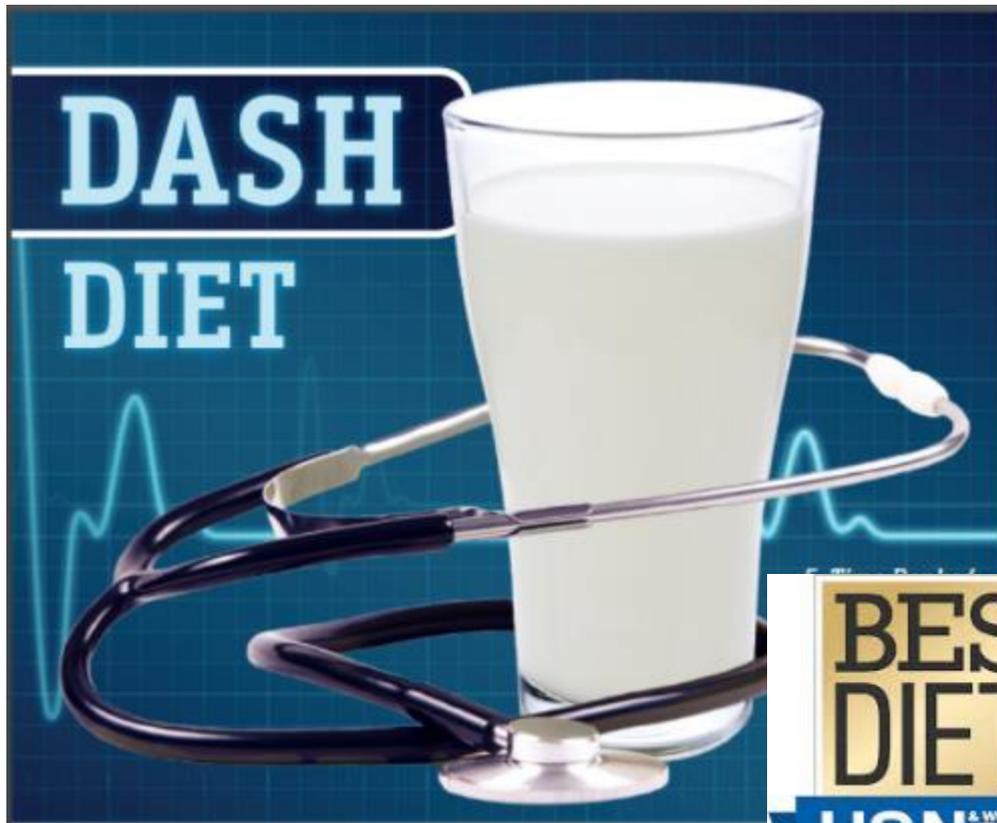
Approaches to

Stop

Hypertension



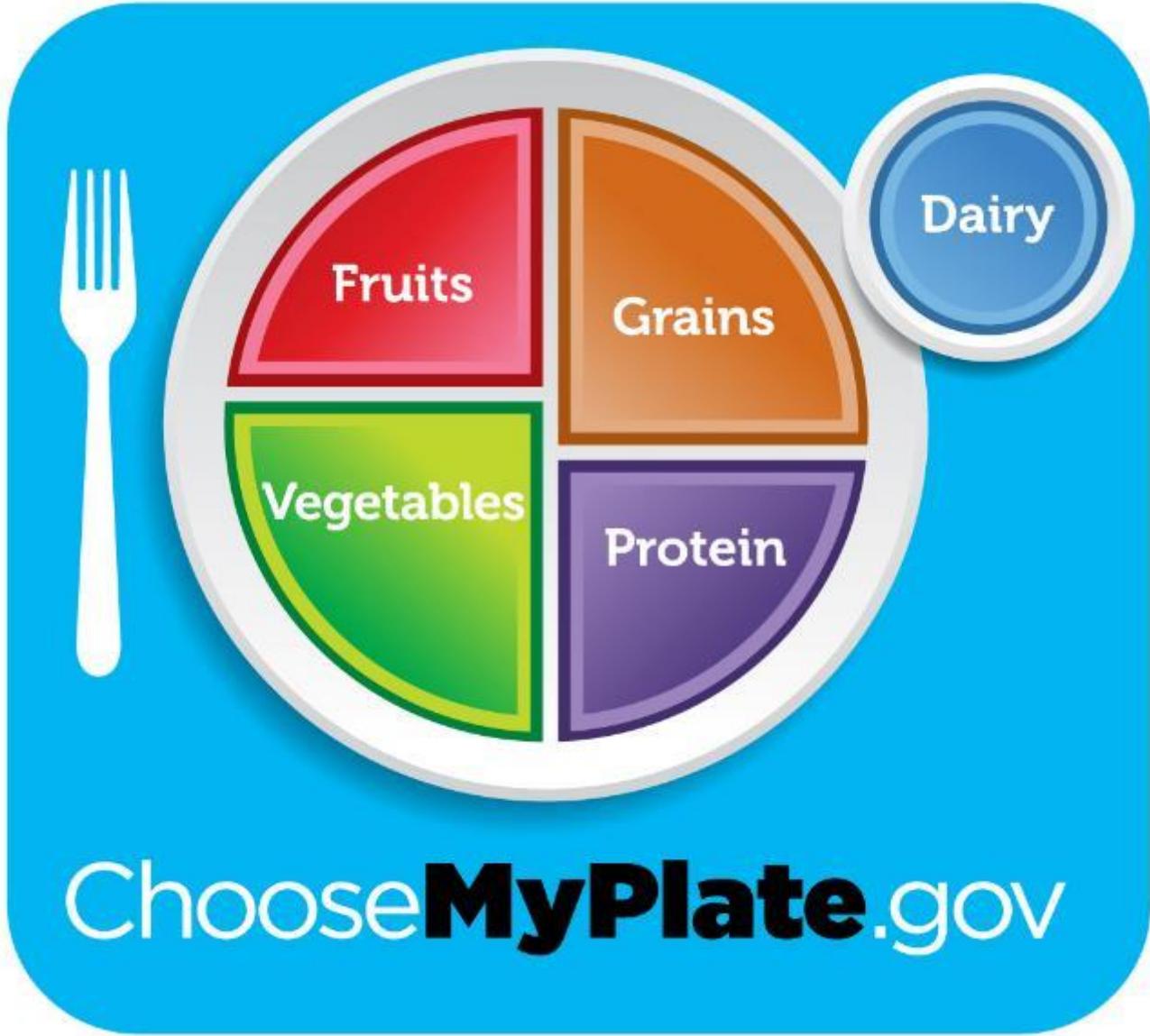
Recommended by Top Health Experts



Why DASH?

Improve Overall Health



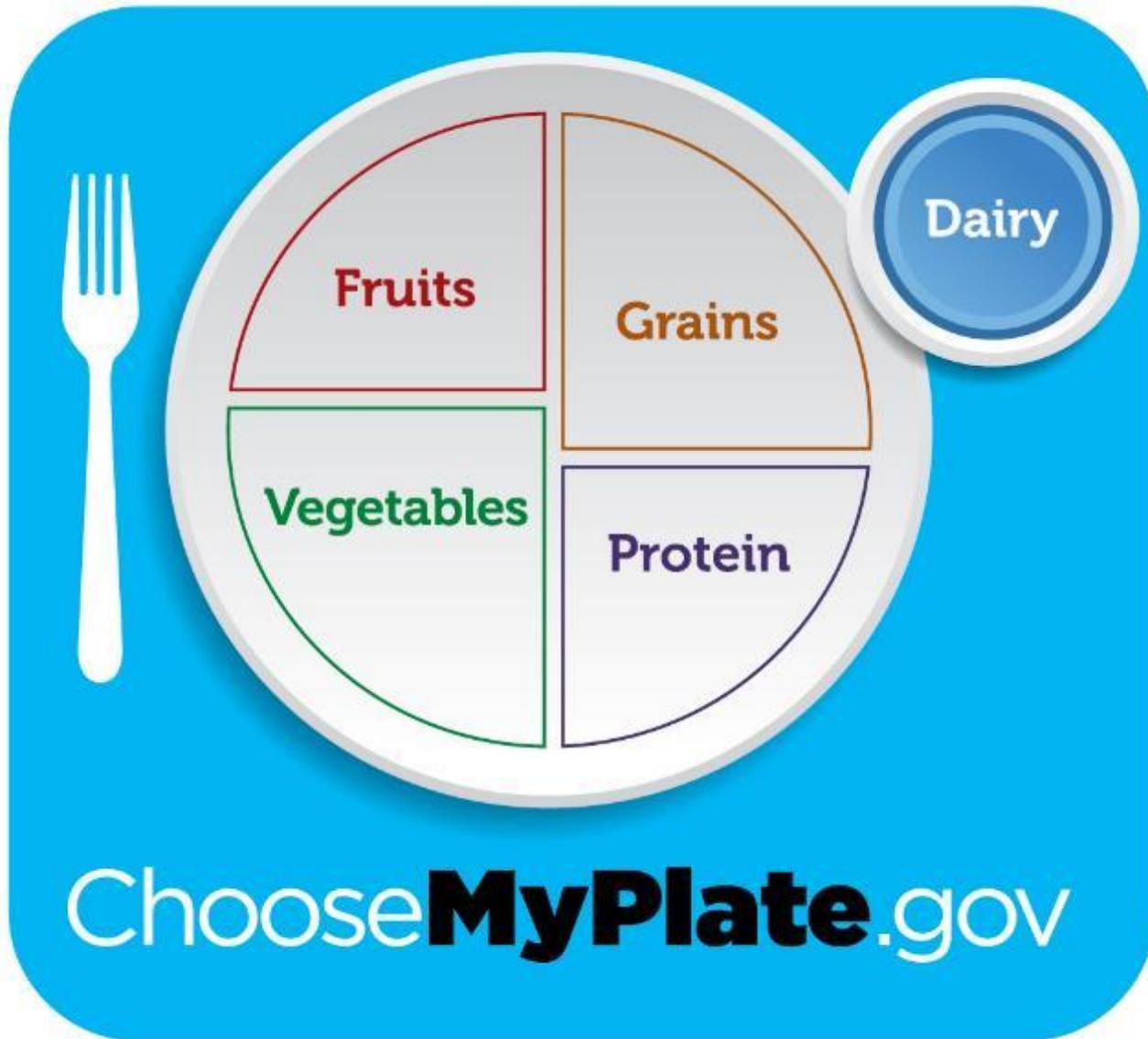


Choose **MyPlate**.gov

How to DASH

- Move to low-fat or fat-free milk, cheese and yogurt
- Focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Keep protein sources lean
- Eat nuts, seeds and legumes weekly





Dairy can also be found on the plate
using cheese or yogurt

9 WAYS
MILK
CAN HELP YOUR BODY

One serving of milk contains many of the essential nutrients your body needs, including:

CALCIUM



Helps build and maintain strong bones and teeth.

25%
DAILY VALUE

PROTEIN



Helps build and repair muscle tissue.

16%
DAILY VALUE

VITAMIN D



Helps build and maintain strong bones and teeth.

15%
DAILY VALUE

PHOSPHORUS



Helps build and maintain strong bones and teeth, supports tissue growth.

20%
DAILY VALUE

VITAMIN A



Helps keep skin and eyes healthy, helps promote growth.

15%
DAILY VALUE

RIBOFLAVIN



Helps your body use carbohydrates, fats and protein for fuel.

35%
DAILY VALUE

VITAMIN B12



Helps with normal blood function, helps keep the nervous system healthy.

50%
DAILY VALUE

PANTOTHENIC ACID



Helps your body use carbohydrates, fats and protein for fuel.

20%
DAILY VALUE

NIACIN



Used in energy metabolism in the body.

10%
DAILY VALUE

Dairy and DASH

- Drink milk with your meals
- Enjoy cheese and fruit as a snack
- Grab a yogurt smoothie for breakfast on-the-go



Sodium in food

- Do not add salt to your food
- Read labels
 - Processed foods may be high in sodium



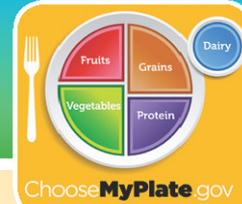
Savor the Flavor without Adding Salt



Let's Review

The DASH Eating Plan

DASH stands for "Dietary Approaches to Stop Hypertension." It's an eating plan that encourages you to eat a wide variety of delicious foods. It's flexible and can be adapted to your favorite foods, tastes and lifestyle.



Planning Your DASH Eating Plan

The DASH eating plan outlined below illustrates the wide variety of whole, nutritious foods you can enjoy any day. The amounts listed are based on 2,000 calories.

	Fat-free or Lowfat Milk, and Dairy Daily Goal: 2-3 cups
	Fruits Daily Goal: 2 - 2 1/2 cups
	Vegetables Daily Goal: 2 - 2 1/2 cups
	Whole Grains Daily Goal: 6 - 8 ounces
	Lean Meat, Fish, Poultry Daily Goal: 6 ounces or less
	Nuts, Seeds and Legumes Weekly Goal: 4 - 5 times weekly
	Oils Daily Goal: Use sparingly

RECOMMENDATIONS

- DASH is recommended by the 2020-2025 Dietary Guidelines for Americans as one of the best healthy eating plans for people of all ages.



Ranked one of the "Best Diets Overall" for over 10 years.

US News and World Report

RECIPE Rainbow Fruit & Cheese Kabobs

To make a rainbow for each kabob, thread onto a straw a piece of low-fat cheese, a strawberry half, a cantaloupe cube, a pineapple cube, another piece of low-fat cheese, a piece of kiwi, 2 blueberries, a grape and another piece of low-fat cheese.

Make a healthy rainbow!



Now Get Started

Make Small Changes to Create a Healthier You



Making lasting lifestyle changes requires planning. They need to be realistic, practical and doable.

1 List the **DASH** changes you would like to make.

2 Circle the **DASH** change you want to start with.



S
Specific:
Focus on exactly who, what, when, where and how.

M
Measurable:
Include amounts, time, days and other points of reference for checking your progress.

A
Achievable:
Make changes that you know you can achieve.

R
Relevant:
Focus on how the change is important and will make a positive difference in your life.

T
Timely and Trackable:
Commit yourself to a realistic timeframe and monitor your progress.

3 Now make it a **SMART** change. Write your **SMART** change here:

Example of a **SMART** change - "I will choose milk instead of soda at dinner Monday thru Friday. This change is achievable, important for my health and sets a healthy example for my family. I will implement this change for 2 weeks and I will record my progress on a daily planner."

As you accomplish one **SMART** change, choose another.

Create a **DASH** Eating Plan that's right for you.

Go to www.usdairy.com/recipes for more recipes.

