



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



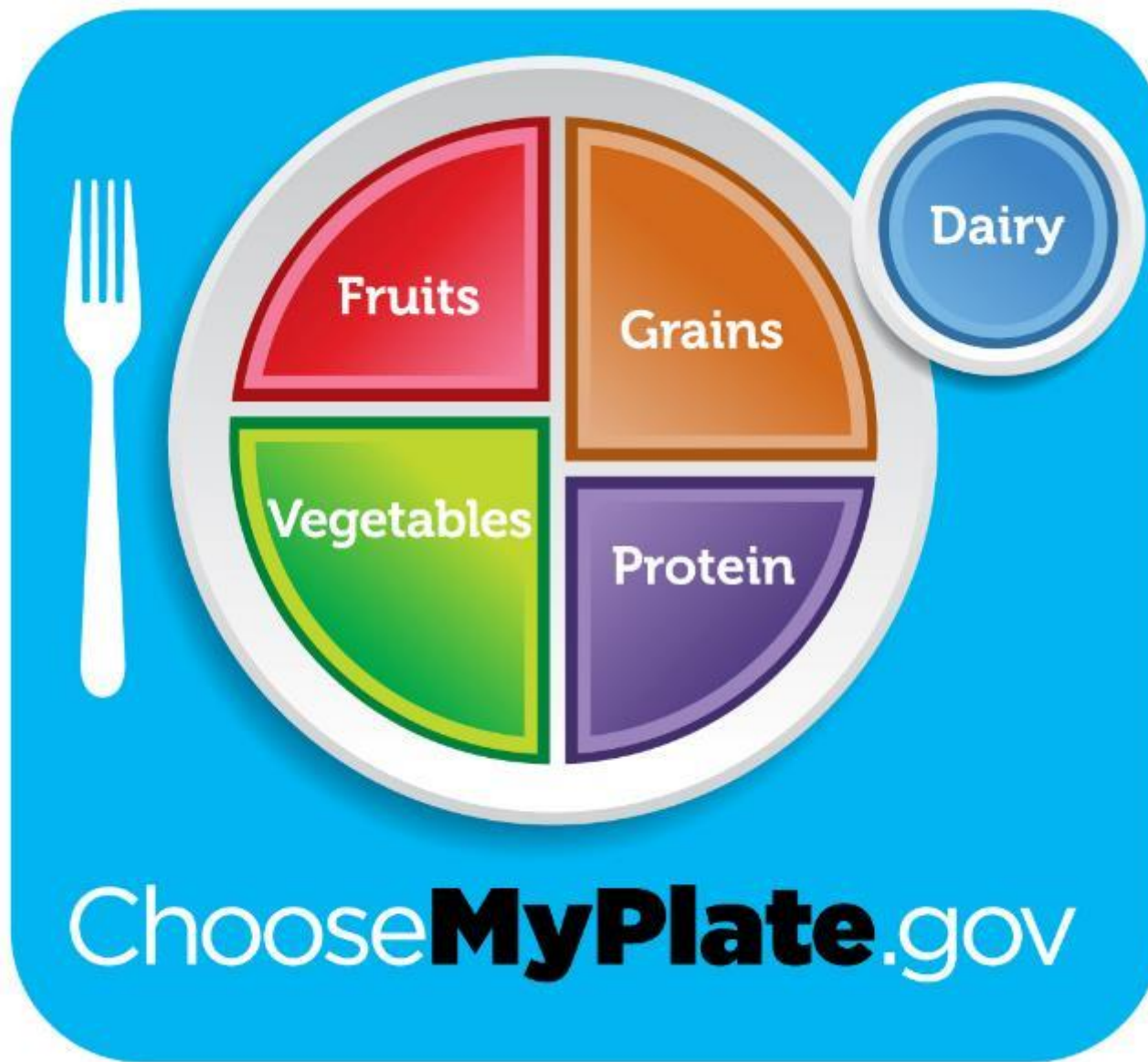
**DIETARY
GUIDELINES
FOR AMERICANS
2015-2020
EIGHTH EDITION**



Why DASH?

Improve Overall Health



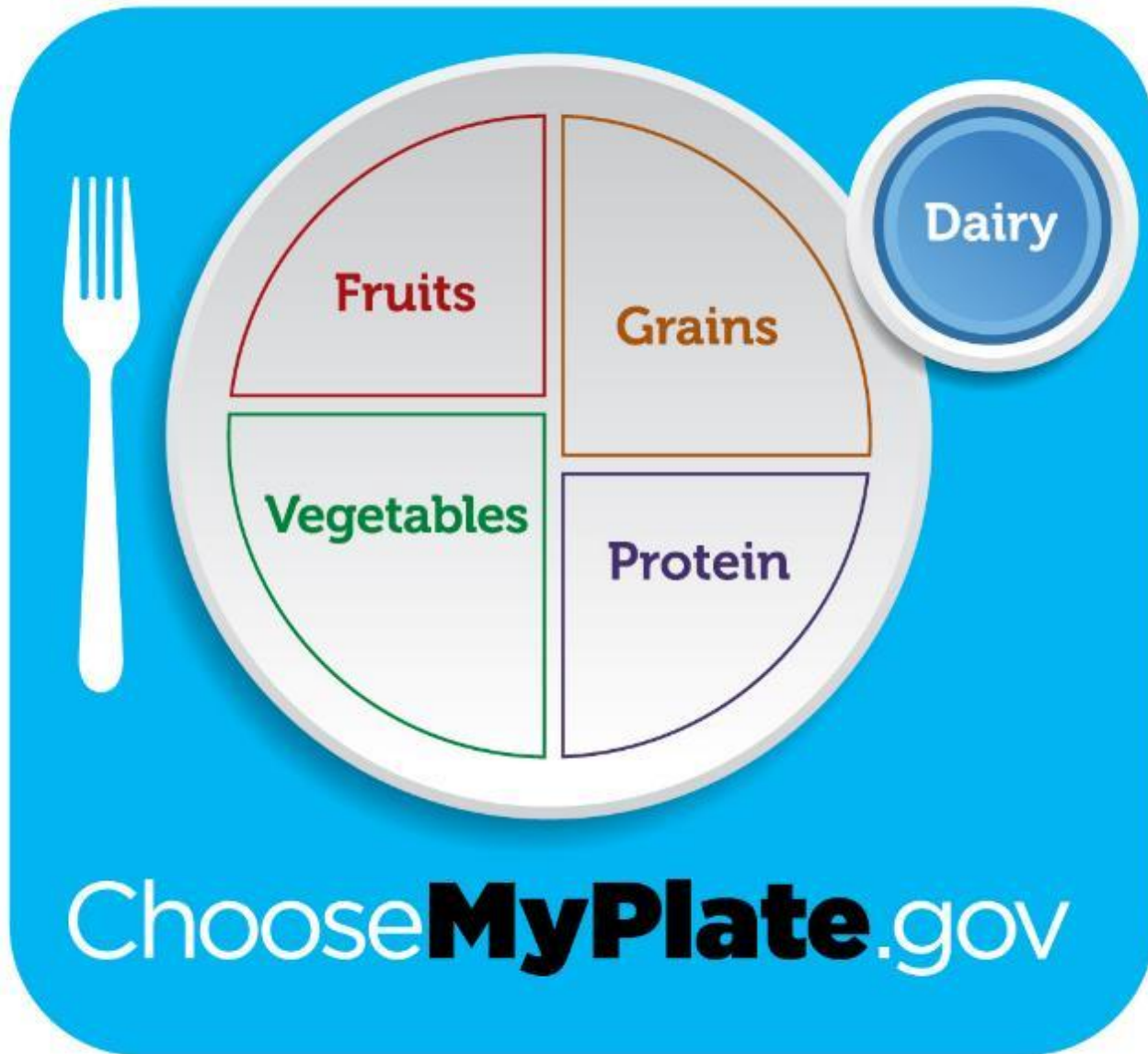


Choose **MyPlate**.gov

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.

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

RECOMMENDATIONS

DASH is recommended by the 2015 Dietary Guidelines for Americans as one of the best healthy eating plans for people of all ages.



"Best Overall Diet"
for the 7th year
in a row.

US News and World Report

RECIPE Rainbow Fruit & Cheese Kabobs

Recipe for 20 kabobs: 2 cups of grapes, 2 cups of strawberries, 1 cup of kiwi, 1 cup of blueberries, 1 cup of orange slices, 1 cup of pineapple chunks, 1 cup of mandarin oranges, 1 cup of cherry tomatoes, 1 cup of cucumber slices, 1 cup of bell pepper slices, 1 cup of cheese cubes, 1 cup of bread cubes.

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:
Specify exactly who, what, when, where and how.

M
Measurable:
Include amounts, time, days and other pieces of information for tracking your progress.

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

R
Relevant:
Focus on how the change is important and will result in 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 MidwestDairy.com for more recipes.



2012

Adapted from Oregon Dairy Council's **One Step at a Time**