



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

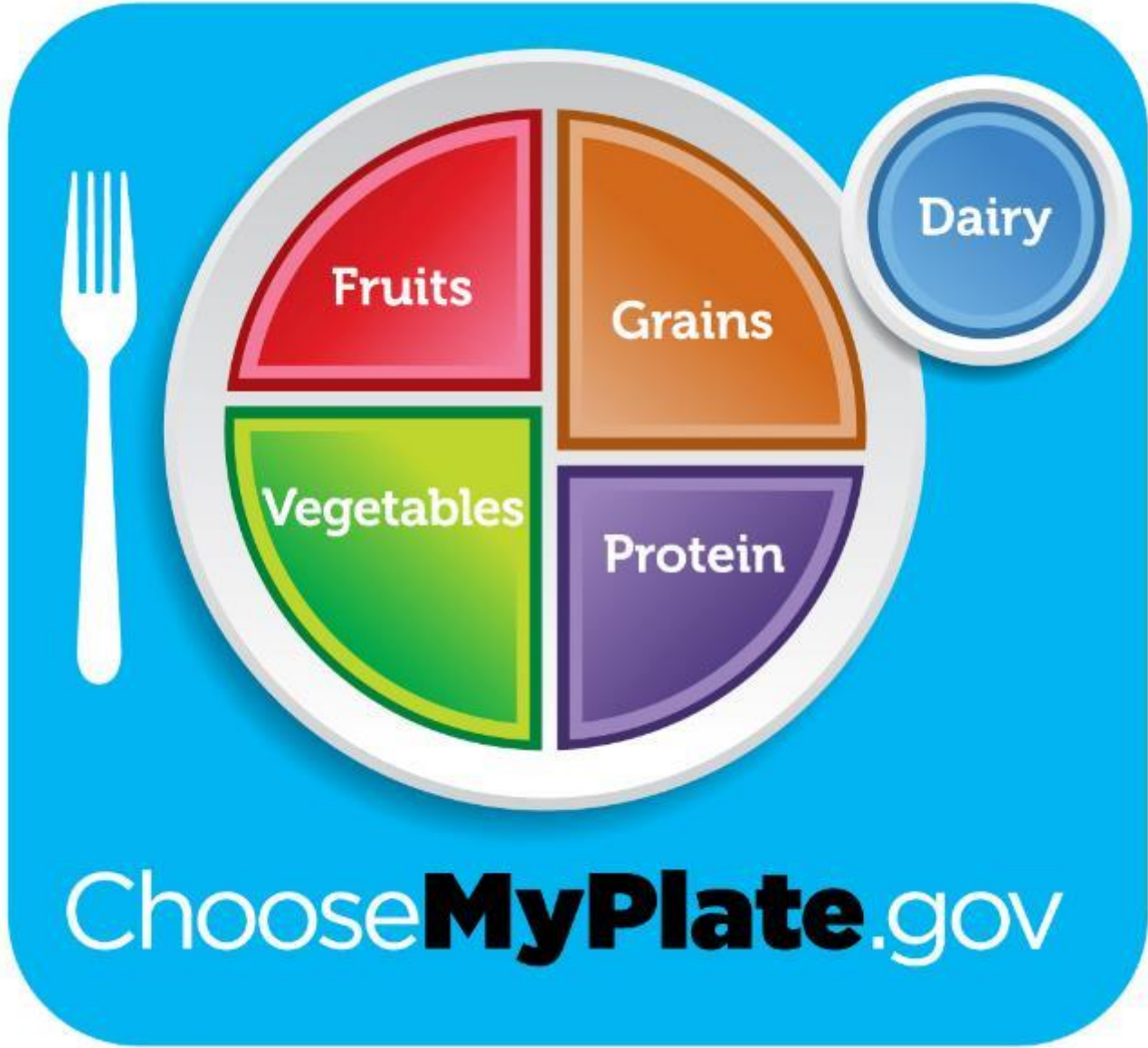
Hypertension



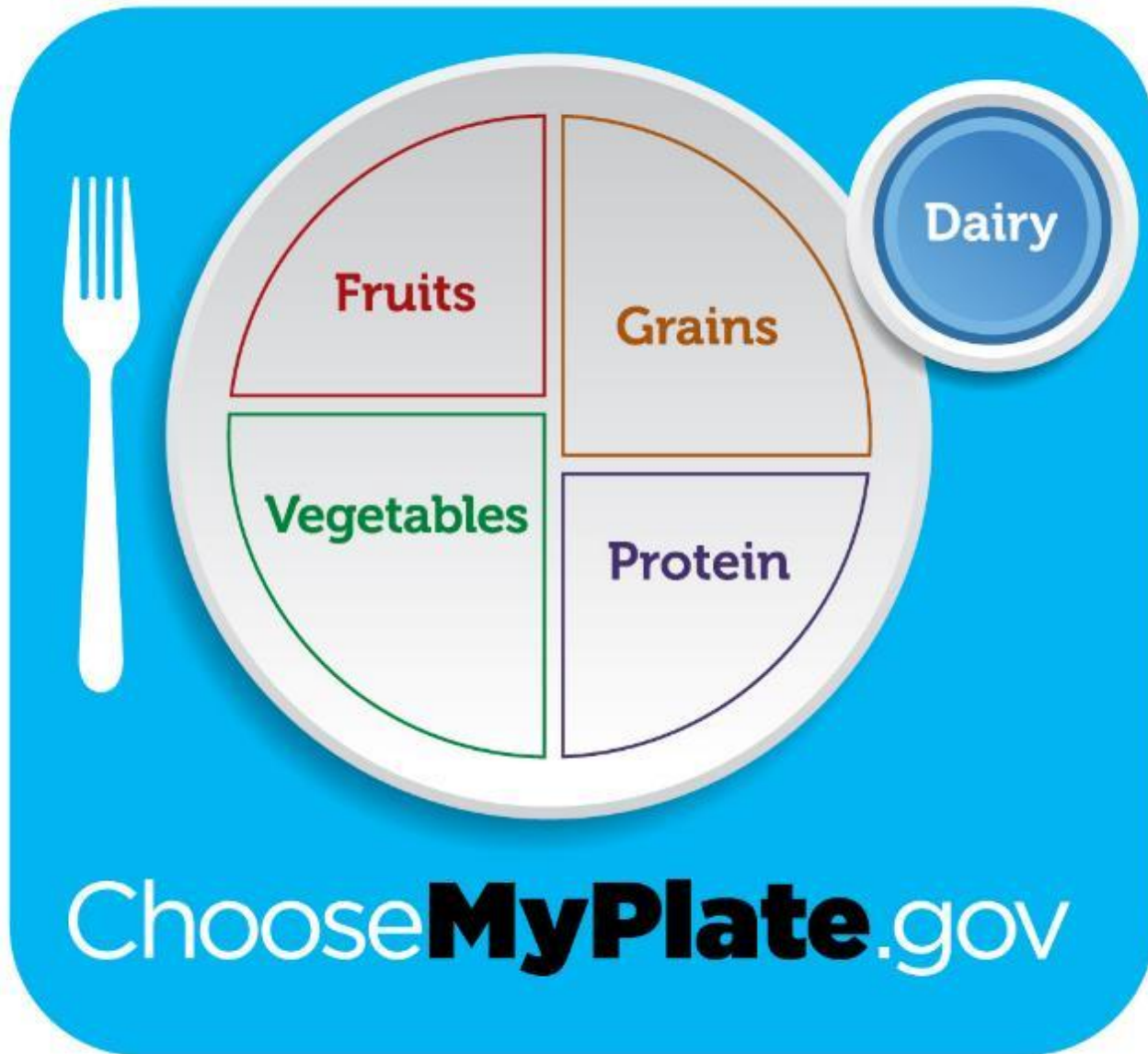
Why DASH?

Improve Overall Health





Choose **MyPlate**.gov



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

Savor the Flavor without Adding Salt



Let's Review

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.

