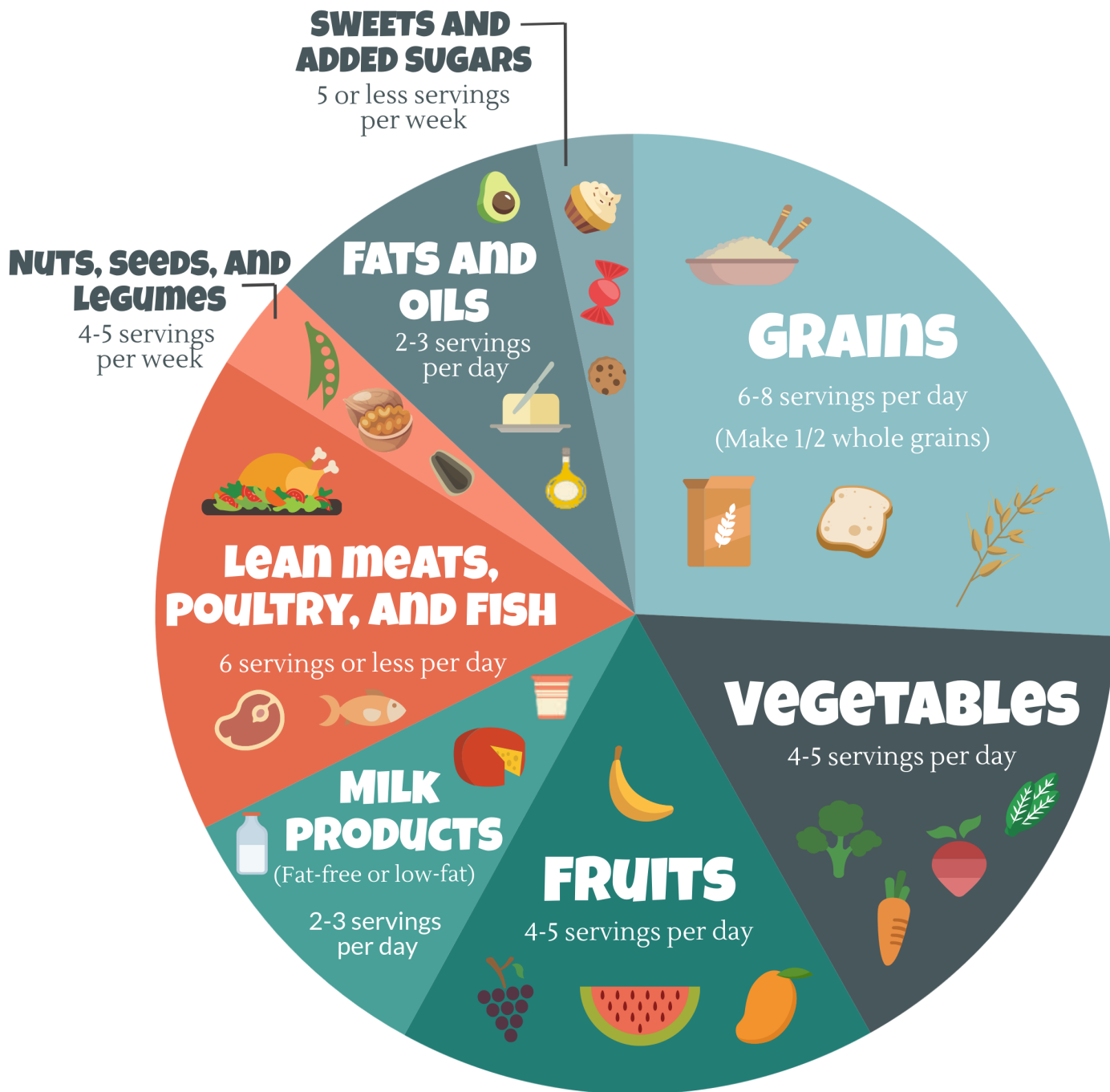


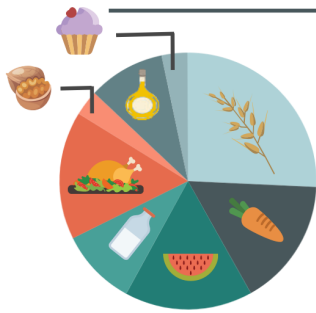
MAKING THE DASH

An eating plan to help lower blood pressure



NOTE: Servings are based on a 2,000 calorie eating pattern

WHAT IS IN A SERVING?



SERVING SIZES

EXAMPLES OF FOODS

GRAINS

6-8 servings per day
(Make 1/2 whole grains)

1 slice bread
1 oz dry cereal
½ cup cooked rice, pasta, or cereal

Whole-wheat bread and rolls, whole-wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn

VEGETABLES

4-5 servings per day

1 cup raw leafy vegetable
½ cup cut-up raw or cooked vegetable
½ cup vegetable juice

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

FRUITS

4-5 servings per day

1 medium fruit
¼ cup dried fruit
½ cup fresh, frozen, or canned fruit
½ cup fruit juice

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

FAT-FREE OR LOW-FAT DAIRY

2-3 servings per day

1 cup milk or yogurt
1½ oz cheese

Fat-free milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free/low-fat regular or frozen yogurt

LEAN MEATS

6 servings or less per day

1 oz cooked meats, poultry, or fish
1 egg

Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry

NUTS, SEEDS AND LEGUMES

4-5 servings per week

1½ oz nuts
2 Tbsp peanut butter
2 Tbsp seeds
½ cup cooked legumes (dried beans, peas, lentils)

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

FATS AND OILS

2-3 servings per day

1 tsp soft margarine
1 tsp vegetable oil
1 Tbsp mayonnaise
2 Tbsp salad dressing

Soft margarine, vegetable oil (canola, corn, olive, safflower), low-fat mayonnaise, light salad dressing

SWEETS

5 or less servings per week

1 Tbsp sugar
1 Tbsp jelly or jam
½ cup sorbet, gelatin dessert
1 cup lemonade

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

GET THE FACTS:

Sodium and the Dietary Guidelines



The U.S. government recently released the newest version of *Dietary Guidelines for Americans*, a research-based guide designed to help Americans make healthier food choices.

What Do the 2015–2020 Guidelines Say About Sodium?

The problem of eating too much sodium is covered in the report:

- The *2015–2020 Dietary Guidelines for Americans* recommend that Americans consume less than 2,300 milligrams (mg) of sodium per day as part of a healthy eating pattern.
- Based on these guidelines, the vast majority of adults eat more sodium than they should—an average of **more than 3,400 mg** each day.

Eating too much sodium puts Americans at risk for developing serious medical conditions, like high blood pressure, heart disease, and stroke.

So, what does all of this mean for you and your family? And what steps can you take to reduce sodium?

Sodium Can Add Up Quickly

The first thing to know is that the salt you use at the dinner table is **not** the biggest sodium contributor in the American diet. In fact, the majority of the sodium Americans consume—more than 75%—is found in **processed food and restaurant meals**.

And don't let your taste buds fool you. Foods like grains, baked goods, and meats may not taste salty, but they add up to major sources of daily sodium because they are eaten so often.

The majority of Americans' daily sodium intake comes from grains and meat, and other top contributors include processed poultry, soups, and sandwiches.

Depending on your food choices, it doesn't take much to consume more sodium than recommended.

- One slice of **bread** can contain anywhere from 80 to 230 mg of sodium, and a slice of **frozen pizza** can contain between 370 and 730 mg.
- Some **breakfast cereals** contain 150 to 300 mg of sodium before milk is added.

SODIUM ADDS UP QUICKLY

Not all foods are high in sodium. But when you combine foods with varying levels as part of your daily diet, sodium can add up quickly.

BREAKFAST
250 mg sodium



Bowl of cereal with skim milk

+

LUNCH
2,200 mg sodium



Cup of soup and a turkey sandwich

+

DINNER
710 mg sodium



Slice of pizza and salad with light dressing

=

TOTAL SODIUM
3,160 mg sodium

GET THE FACTS:

Sodium and the Dietary Guidelines



- **Canned soups** and soups served in restaurants can contribute high amounts of sodium.
- **Processed tomato products** and **salad dressings** often include salt and other ingredients that contain sodium.
- **Many snack foods**—chips, crackers, and pretzels—contain several hundred milligrams of sodium per serving.

Tips for Shopping Smarter

The more you know about the food you eat, the better the decisions you can make for yourself and your family.

- **Eat more fresh fruits and vegetables and low-fat dairy.** Research shows that foods low in sodium and high in potassium can help reduce blood pressure and the risk for other serious conditions. Examples include bananas, dried apricots, and spinach. Low- or no-fat yogurt, beans other than green beans, and potatoes are also low in sodium and high in potassium.
- When eating frozen and canned vegetables, choose no salt added or low sodium versions, or choose frozen varieties without sauce.



In addition to low sodium foods, eating high-potassium foods can help lower your blood pressure.

- When buying processed foods, read nutrition labels and **choose products with less sodium.**
 - Note how many milligrams of sodium are in each serving—and how many servings are in the package.
 - Foods that contain **35 mg** or less per serving are **very low in sodium.** Foods that contain **140 mg** or less per serving are defined as **low sodium.**
- **Check processed meat and poultry,** which are often “enhanced” with salt water or saline.
- Opt for lower sodium or no salt added breads, crackers, and cereals.

Tips for Cooking at Home

- **Use lemon juice and salt-free herbs and spices,** such as garlic and pepper, to flavor your food instead of sauces and prepackaged seasonings.
- Limit added salt while cooking, and taste food first before salting at the table.

Tips for Eating Out

- **Chain restaurants often put nutritional information online.** Check ahead to find the lower sodium options.
- Ask restaurants not to add salt to your meal, and use sauces and condiments only in small amounts.
- **Reduce your portion size**—less food means less sodium. For example, ask the server to put half of your meal in a take-out container before it comes to your table, or split an entree with someone else.
- Ask your favorite restaurants, stores, and food manufacturers to offer more low sodium options.

Learn more at www.cdc.gov/salt

For more information please contact Centers for Disease Control and Prevention

1600 Clifton Road NE, Atlanta, GA 30333

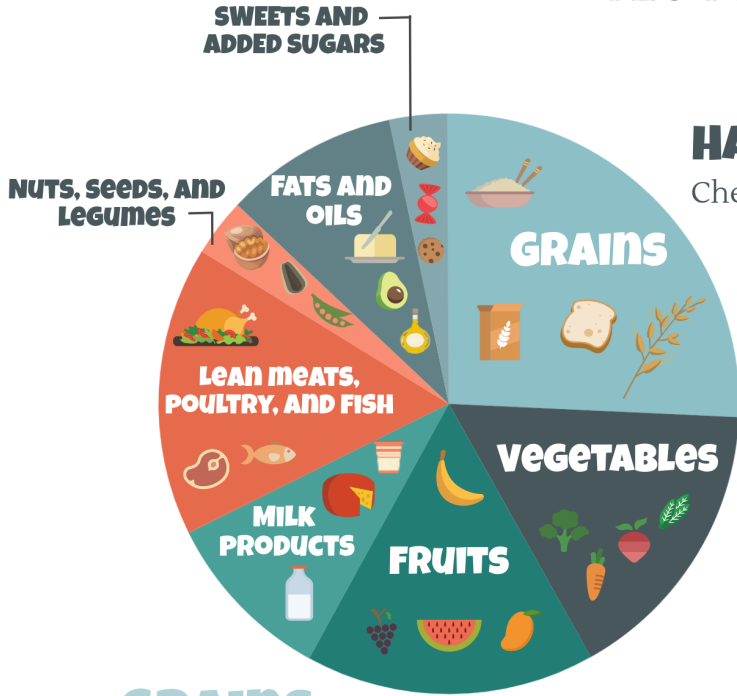
Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348

E-mail: cdcinfo@cdc.gov • Web: www.cdc.gov

Publication date: 04/2016

MAKING THE DASH

Are You on Your Way to the Finish Line?



HAVE YOU BEEN ACTIVE TODAY?

Check the days of the week that you met your daily activity goal!

M	T	W	TR	F	S	SU
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Aim for 30 minutes per day!

HOW MANY SERVINGS HAVE YOU HAD TODAY?

Place a check mark in each box as you eat a serving from each food group today!

GRAINS

Aim for 6-8 servings per day
(Make 1/2 whole grains)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Lean Meats

Aim for 6 servings or less per day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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FRUITS

Aim for 4-5 servings per day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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VEGETABLES

Aim for 4-5 servings per day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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FAT-FREE OR LOW-FAT DAIRY

Aim for 2-3 servings per day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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FATS AND OILS

Aim for 2-3 servings per day

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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NUTS, SEEDS AND LEGUMES

Aim for 4-5 servings per WEEK

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SWEETS

Aim for 5 or less servings per WEEK

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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CHECK YOURSELF!

Compare your intake to the goals listed underneath each food group.

Notice that the serving goals for Nuts/seeds/legumes and sweets are per WEEK, not per day!