

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

THE DASH DIET

Description

The DASH diet (Dietary Approaches to Stop Hypertension) helps lower blood pressure after eight weeks. Restricting sodium improves results. The diet also has antioxidant effects and may even prove to be a good diet for lowering LDL cholesterol levels- although the beneficial HDL levels also decline.

Nutritional Adequacy

This diet is not only rich in important nutrients and fiber but also includes foods that contain far more electrolytes, potassium, calcium and magnesium, than are found in the average American diet.

Dietary Plan

- Avoid saturated fat (although include calcium-rich dairy products that are no or low-fat)
- Select monosaturated oils, such as olive or canola oils
- Choose whole grains over white flour or pasta products
- Choose fresh fruits and vegetables daily; many of these foods are rich in potassium and/or fiber which may help lower blood pressure
- Include nuts, seeds, or legumes (dried beans or peas) daily
- Choose modest amounts of protein (preferably fish, poultry or soy products). Soy in combination with fiber-rich foods or supplements may have specific benefits. Oily fish may also be particularly beneficial. They contain omega-3 fatty acids, which have been associated with heart and nerve protection.