

# Dietary Approach to Stop Hypertension (DASH)

## What Is It?

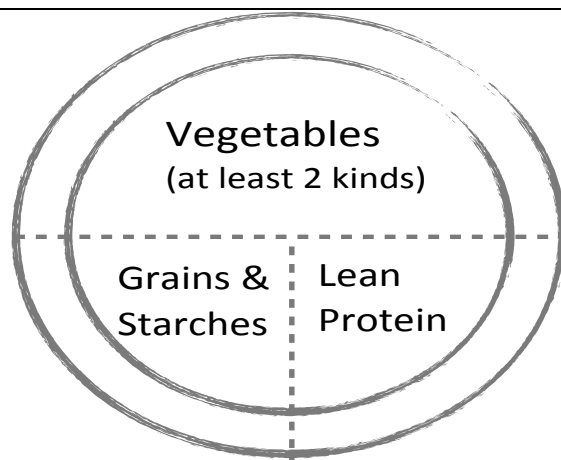
The DASH dietary pattern is specially tailored to help lower high blood pressure. The DASH diet is rich in whole grains, vegetables, and fruits. It also includes low-fat dairy products and meat alternatives such as beans and nuts.

## What Does this Diet Do For Me?

The DASH diet promotes a higher intake of heart healthy vitamins, minerals and fibre, while limiting the amount of saturated fats and refined sugars. It benefits people with high blood pressure and helps with lowering cholesterol levels.

## How Do I Follow the DASH Diet?

Meals should be based on whole grains (ex. whole wheat bread, barley, quinoa, brown rice, oats etc.), fruits and/or vegetables. Protein, such as lean meats (cuts of meat with the word “loin” or “round” ex. sirloin, lean deli meats etc.), poultry and fish should be a small portion of the meal. Meat alternatives like legumes (ex. beans, chickpeas, and lentils), nuts and seeds should be consumed as often as possible. Low-fat or non-fat dairy products should be eaten most often. The diet is based on the standard reference **2000 calorie diet**.



### Meal Example:

#### Dinner

Spinach Salad  
Oven Baked Salmon  
Wild Rice

### Tips and Tricks:

- Use lots of herbs and spices for flavour
- Substitute vegetable oil instead of butter
- Have at least 3 different colours on your plate
- Choose meat alternatives at least twice a week
- Choose breads and cereals with more than 3 g of fibre per serving
- Remove the skin and visible fat from meats
- Make breakfast your largest meal of the day
- Eat slowly

### Additional Recommendations:

- Weight loss if overweight or obese
- Increase physical activity to at least 150 minutes every week
- Discuss with your physician about salt restriction
- Avoid alcohol

# Mediterranean Diet

## What Is It?

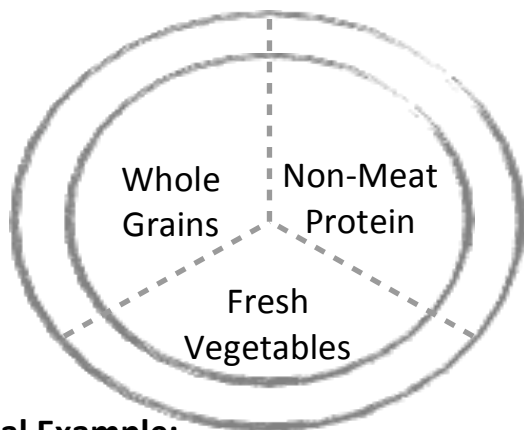
The Mediterranean diet is a traditional diet of the people of Crete and Italy. It is recognized as an eating pattern that promotes a long and healthy life. This diet promotes a high intake of heart healthy mono-unsaturated and poly-unsaturated fats, whole grains, fresh fruits and vegetables, and, nuts and seeds.

## What Does this Diet Do For Me?

The Mediterranean diet is rich in antioxidants and omega-3 fatty acids. These provide protection against the build-up of plaque in your blood vessels, which can be dangerous to your heart health. This diet benefits people who have coronary heart disease, or are at risk for cardiovascular disease.

## How Do I Follow the Mediterranean Diet?

The Mediterranean diet does not allow you to eat red meat and sweets very often, only about 1-2 times per month. Dairy products, poultry and eggs can be eaten daily to weekly. It is suggested that you eat fish and seafood at least 2 times per week. Meals should be based on whole grains (ex. whole wheat bread, barley, oats, quinoa etc.), fresh fruits and vegetables, nuts, seeds, and legumes (ex. beans, chickpeas, and lentils). The Mediterranean diet does not eliminate foods or limit the number of calories in your diet, but it lowers the amount of certain foods consumed.



### Meal Example:

#### Dinner

Fresh Whole Grain Bread with Olive Oil  
Fresh Vegetable Salad (Cucumber, Onion, Tomato)  
Steamed Halibut

### Tips and Tricks:

- Use vegetable oil, mainly olive oil, instead of butter
- Eat raw vegetables and fruits as often as possible; it is almost impossible to eat too many vegetables!
- Use lots of herbs and spices for flavour
- Make breakfast your largest meal
- Have meat alternatives at least 3 times per week
- Make sure there are at least 3 colours on your plate
- Eat slowly

### Additional Recommendations:

- Water should be your drink of choice
- If drinking alcohol, consume wine in moderation with meals (Ask your physician)
- Be physically active
- Enjoy your meals with others