

DASH Eating Plan

Now a Health Minute.

Are you looking to boost your heart health? Give the DASH eating plan a try!

DASH stands for Dietary Approaches to Stop Hypertension. Research has shown this eating plan can help lower your blood pressure and cholesterol.

DASH is flexible and easy to follow! Here's how:

Choose to eat these types of foods: fresh fruits and vegetables, whole grains, low-fat or fat-free dairy products, lean proteins like poultry and fish, beans and nuts, and vegetable oils.

At the same time, limit: foods high in sodium, fatty meats, and sugar-filled beverages and sweets.

Choosing healthier foods every day, along with being more physically active, can make a big difference in your heart health.