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| **DASH** stands for **Dietary Approaches to Stop Hypertension**. It is an eating plan that is based on research studies sponsored by the National Heart, Lung, and Blood Institute. These studies showed that DASH lowers high blood pressure and improves level of cholesterol. This reduces your risk of getting heart disease. | **Tips for shopping:**  ⇒Read food labels, and choose items that are lower in sodium and salt, particularly in frozen dinners, prepackaged foods, soups, and condiments  ⇒Choose fresh poultry, fish, and lean meats instead of cured food such as bacon and ham  ⇒Choose fresh or frozen versus canned fruits and vegetables  ⇒Avoid food with added salt, such as pickled vegetables, olives, and sauerkraut.  ⇒Avoid instant or flavored rice and pasta  **Tips for eating-out:**   * Avoid items that have salty ingredients such as bacon, pickles, olives, and cheese * Avoid foods that are pickles, cured, smoked, or made with soy sauce or broth * Choose fruit or vegetables as a side dish, instead of chips or fries     . |  |
| . | **The DASH eating plan:**  -Emphasizes vegetables, fruits, and whole-grain  -Include fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils  -Limits food that are high in saturates fat such as fatty meats, full-fat dairy, and tropical oils (coconut, palm kernel, and palm oil)  -Limits sugar-sweetened beverages and sweets  -Low in saturated and *trans* fats  -Rich in potassium, calcium, magnesium, fiber, and protein  -Lower in sodium | FOCUS ON NUTRITION: DIABETES AND HYPERTENSION MANAGEMENT |
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**References:**

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Cholesterol (2017). <http://www.heart.org/HEARTORG/Conditions/Cholesterol/Cholesterol_UCM_001089_SubHomePage.jsp>

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Nutrition fact label (n.d.) <https://www.cullmanweightlosscenter.com/labels.html>

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| **MyPlate**  MyPlate illustrates the five food groups that are the building blocks for a healthy diet. Before you eat, think about what goes on your plate, in your cup, or in your bowl    Nutrition tips:  -Make half your plate fruits and vegetables  -Focus on whole fruits  -Vary your veggies  -Make half your grains whole grains  -Move to low-fat o fat-free milk or yogurt  -Vary your protein routine  -Drink and eat beverages and food with less sodium, saturated fat, and added sugar  -Drink water instead of sugary drink  **Everything you eat and drink matter** | **Use the nutrition facts label to eat healthier**  The Nutrition Facts Label information is based on ONE serving, but many packages contain more. If the label lists that 1 serving equal 3 cookies and 100 calories, and you eat 6 cookies, you’ve eaten 2 servings, or twice the number of calories and fat.  Fat-free doesn’t mean calorie-free. Lower fat items may have as many calories as full-fat versions.  The % Daily value is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet it can help you determine if a food is high or low in a nutrient – 5% or less is low. 20% or more is high. | **Cholesterol –** circulates in the blood, and as blood levels rise, so does the risk to your health. That’s why it’s important to have your cholesterol tested so you can know your levels.  **LDL (bad) Cholesterol**  It contributes to fatty buildups in arteries (atherosclerosis). Plaque buildups narrow arteries and raise the risk for heart attack, stroke, and peripheral artery disease (narrowed arteries in the legs). A diet high in saturated and trans fat tends to raise LDL cholesterol.  **HDL (good) Cholesterol**  It carries LDL cholesterol away from arteries back to the liver there it’s broken down and passed from the body. Thus, the higher levels of HLD are better. Genetic factors, type 2 diabetes, smoking, being overweight and being sedentary can all lower HDL cholesterol.  **Triglycerides**  They store excess energy from your diet. A high triglyceride level combined with low HDL or high LDL cholesterol is linked with fatty buildups in artery walls which increase the risk of heart attack and stroke. Normal triglyceride levels vary by age and sex. Overweight, obesity, physical inactivity, smoking, excess alcohol consumption and diet high in carbohydrates can cause elevated triglyceride level.  **Total Cholesterol**  This isn’t a type of cholesterol but a composite of different types. Levels are considered in context with other risk factors, and treatment is recommended accordingly. |