

IN BRIEF:



Your Guide To Lowering Your Blood Pressure With DASH



What you eat affects your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented—and lowered—by following the Dietary Approaches to Stop Hypertension (DASH) eating plan, which includes eating less salt and sodium.

High blood pressure, which is blood pressure higher than 140/90 mmHg,* affects more than 65 million—or 1 out of every 3—American adults. Another 59 million Americans have prehypertension, which is blood pressure between 120/80 and 140/89 mmHg. This increases their chances of developing high blood pressure and its complications.

High blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries, and can cause the brain to hemorrhage or the kidneys to function poorly or not at all. If not controlled, high blood pressure can lead to heart and kidney disease, stroke, and blindness.

* Blood pressure is usually measured in milligrams of mercury, or mmHg.



But high blood pressure can be prevented—and lowered—if you take these steps:

- Follow a healthy eating plan, such as DASH, that includes foods lower in salt and sodium.
- Maintain a healthy weight.
- Be moderately physically active for at least 30 minutes on most days of the week.
- If you drink alcoholic beverages, do so in moderation.

If you already have high blood pressure and your doctor has prescribed medicine, take your medicine, as directed, and also follow these steps.

The DASH Eating Plan

The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less salt and sodium; sweets, added sugars, and sugar-containing beverages; fats; and red meats than the typical American diet. This heart healthy way of eating is also lower in saturated fat, *trans* fat, and cholesterol and rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, and calcium, protein, and fiber.



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

Your Guide To Lowering Blood Pressure With Dash

Annabel W. Williams



Your Guide To Lowering Blood Pressure With Dash:

Your Guide to Lowering Your Blood Pressure with the DASH Eating Plan (rev. ed.) Nat. Heart, 2011-07-13 What you choose to eat affects your chances of developing high blood pressure or hypertension the medical term Studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension DASH eating plan and by eating less salt also called sodium While each step alone lowers blood pressure the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure This guide based on the DASH research findings tells how to follow the DASH eating plan and reduce the amount of sodium you consume Contents Introduction What Is High Blood Pressure What Is the DASH Eating Plan How Do I Make the DASH How Can I Get Started on the DASH Eating Plan A Week With the DASH Eating Plan Recipes for Heart Health Figures and tables This is a print on demand report

Dash Diet Plan National Institute of Health, Gale Schoenle, 2012-02-01 DASH Diet Plan Your Guide to Lowering High Blood Pressure With 7 Days Program is a medical guide that will help everyone who has a high blood pressure problem This book gives you a basic concept about high blood pressure and DASH how you can make and start with the DASH Finally This book include a 7 days DASH program which effectively lower your blood pressure with recipes that you can do it at home Contents in this book DASH Diet Plan Your Guide to Lowering High Blood Pressure Introduction What Is High Blood Pressure Box 1 Blood Pressure Levels for Adults What Is the DASH Eating Plan Box 2 Daily Nutrient Goals Used in the DASH Studies for a 2 100 Calorie Eating Plan Who Helped With DASH How Do I Make the DASH Box 3 Following the DASH Eating Plan Box 4 DASH Eating Plan Number of Daily Servings for Other Calorie Levels Box 5 How to Lower Calories on the DASH Eating Plan Box 6 Make a Dash for DASH Box 7 Where s the Sodium Box 8 Tips To Reduce Salt and Sodium Box 9 Reducing Salt and Sodium When Eating Out Box 10 Compare Nutrition Facts Labels on Foods Box 11 Label Language Box 12 Where s the Potassium How Can I Get Started on the DASH Eating Plan Box 13 Getting Started Box 14 What s on Your Plate Box 15 Making the DASH to Good Health A Week With the DASH Eating Plan Recipes for Heart Health

Your Guide to Lowering Your Blood Pressure with DASH National Heart Lung, 2019-05-13 Get with the plan that is clinically proven to significantly reduce blood pressure This updated booklet contains a week s worth of sample menus and recipes The Dietary Approaches to Stop Hypertension DASH eating plan features plenty of fruits vegetables whole grains and other foods that are heart healthy and low in salt sodium Also contains additional information on weight loss and physical activity For those interested in a condensed version on this topic see In Brief Your Guide to Lowering Your Blood Pressure with DASH

Your Guide to Lowering Your Blood Pressure with DASH Eating Plan National Heart, Lung, and Blood Institute, & Blood Institute Lung, 2006

Your Guide to Lowering Blood Pressure, 2003

Your Guide to Lowering Your Blood Pressure with DASH, 2006

DASH Diet Plan National Institute of Health, 2012-09-11 DASH Diet Plan Your Guide to Lowering High Blood Pressure 2nd Edition is already fixed the printed plan issue and all new tables and plans are changed for easy reading

Introduction Research has found that diet affects the development of high blood pressure or hypertension the medical term Recently two studies showed that following a particular eating plan called the DASH diet and reducing the amount of sodium consumed lowers blood pressure While each step alone lowers blood pressure the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure **Your Guide to Lowering Your Blood Pressure with Dash** U. S. Department Human Services, National Health, Department Of Health And Human Services, Lung, and Blood, National Heart Institute, National Heart Lung Institute, And, 2012-07-09 This book by the National Institutes of Health Publication 06 4082 and the National Heart Lung and Blood Institute provides information and effective ways to work with your diet because what you choose to eat affects your chances of developing high blood pressure or hypertension the medical term Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension DASH eating plan and by eating less salt also called sodium While each step alone lowers blood pressure the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure This book based on the DASH research findings tells how to follow the DASH eating plan and reduce the amount of sodium you consume It offers tips on how to start and stay on the eating plan as well as a week of menus and some recipes The menus and recipes are given for two levels of daily sodium consumption 2 300 and 1 500 milligrams per day Twenty three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program It is also the highest amount recommended for healthy Americans by the 2005 U S Dietary Guidelines for Americans The 1 500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve The lower your salt intake is the lower your blood pressure Studies have found that the DASH menus containing 2 300 milligrams of sodium can lower blood pressure and that an even lower level of sodium 1 500 milligrams can further reduce blood pressure All the menus are lower in sodium than what adults in the United States currently eat about 4 200 milligrams per day in men and 3 300 milligrams per day in women Those with high blood pressure and prehypertension may benefit especially from following the DASH eating plan and reducing their sodium intake *The Wonder of DASH Diet* Annabel W. Williams, 2015-03-18 The DASH diet far from being a fad diet was actually developed by the US National Institutes of Health as a way for some patients to have a lowered blood pressure without having to take medications The word DASH comes from Dietary Approaches to Stop Hypertension but it does so much more It has been studied extensively and found that not only does the DASH diet lower blood pressure but it lowers the risk of heart disease stroke certain cancers heart failure diabetes and kidney stones Weight loss is practically inevitable if you follow the DASH diet which is another boost Not only do you get healthier but you get thinner as well In *The Wonder of DASH Diet* you will learn Exactly what is the DASH Diet truth myths What is hypertension and what are the effects of diet on hypertension How does the

DASH Diet help lowering your blood pressure How to get started with the DASH eating plan How to follow DASH diet when you are eating out How to set your DASH goals How to apply DASH diet as part of a weight loss program Easy to make delicious DASH diet recipes for breakfast lunch dinner A 7 day DASH diet meal plan that anyone can follow And much more

Your Guide to Lowering Your Blood Pressure With DASH, 2006

Nutritional Foundations and Clinical

Applications - E-Book Michele Grodner, Sara Long Roth, Bonnie C. Walkingshaw, 2013-08-07 Now in its 5th edition the critically acclaimed *Nutritional Foundations and Clinical Applications A Nursing Approach* offers you a comprehensive first hand account of the ways in which nutrition affects the lives of nursing professionals and everyday people Discussions on nutritional needs and nutritional therapy from the nurse's perspective define your role in nutrition wellness and health promotion The dynamic author team of Grodner Roth and Walkingshaw utilizes a conversational writing style and a variety of learning features help you apply your knowledge to the clinical setting Content updates specifically to the Dietary Guidelines for Americans 2010 an online resource a new logical organization and much more prepare you to handle the challenges you face with ease Emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life Content Knowledge and Critical Thinking Clinical Applications case studies reinforce knowledge and help you apply nutrition principles to real world situations Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness Personal Perspective boxes demonstrate the personal touch for which this book is known and offer first hand accounts of interactions with patients and their families Health Debate and Social Issue boxes explore controversial health issues and encourage you to develop your own opinions Teaching tool boxes provide tips and guidance to apply when educating patients Website listings with a short narrative at the end of every chapter refer you to additional online resources Updated content to Dietary Guidelines for Americans 2010 keeps you current Additional questions added to case studies in the Nursing Approach boxes help you focus on practical ways you can use nutrition in practice Study tools on Evolve present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning Online icons throughout the text refer you to the NEW Nutrition Concepts Online course content A logical organization to updated and streamlined content lets you find the information you need quickly

[Nutrition](#) Barbara A. Brehm, 2015-06-10 This thorough one stop resource draws on solid science and the latest research to play a dual educational role providing background for students while answering general readers questions about a wide range of nutrition related topics Nutrition is a popular but often misunderstood topic one about which there is a great deal of interest as evidenced by the plethora of available advice Because nutrition is a key factor in health it is important that the public have a source of information they can trust This is that source a comprehensive overview that will help readers make sense of conflicting information they find in the media regarding what is healthy and what is not Organized alphabetically the two volume work covers the most important topics in human nutrition including

nutrients nutrition related health concerns aging and nutrition eating disorders and the value of dietary supplements The digestive system and its organs are discussed with particular attention to health issues such as irritable bowel syndrome and the role of helpful bacteria The physiology of hunger and the psychology of appetite and eating behaviors are explained The work also delves into data on foods that have been featured in recent research such as garlic ginger and turmeric and it offers consumers a clearer understanding of nutrition related practices such as organic farming genetically modified foods and the use of food additives

Novel Strategies and Approaches in Hypertension Therapy Hafize Uzun,Pınar Atukeren,2019-10-04 INTRODUCTION Hypertension has become a major public health problem in the last few decades High blood pressure is a serious risk factor for premature cardiovascular disease and end organ damage including left ventricular hypertrophy and congestive heart failure which in turn increases the risk of cardiovascular morbidity and mortality While studies of hypertension have been performed worldwide in a variety of epidemiological settings such as diabetes renal function obesity and thyroid disorders there is a need to identify appropriate treatment strategies Novel Strategies and Approaches in Hypertension introduces the reader to different aspects of hypertension treatment environmental and occupational factors and different clinical settings that can trigger the disease The book also covers special topics related to the use of new diagnostic biomarkers for hypertension patients as well as endocrine and nutrition focused approaches to treat the condition This reference book will be useful for medical professionals involved in the management and care of patients affected with hypertension Series Introduction Frontiers in Hypertension presents reference works textbooks and monographs on both fundamental and advanced topics related to the pathophysiology diagnosis and treatment of hypertension The series is essential reading for medical students and professionals involved in hypertension and allied subspecialty treatment programs

Modern Nutrition in Health and Disease A. Catharine Ross,Benjamin Caballero,Robert J. Cousins,Katherine L. Tucker,2020-07-10 **Health Promotion and Disease Prevention in Clinical Practice** Jessica S. Coviello,2019-03-19 The Third Edition of Health Promotion and Disease Prevention in Clinical Practice reflects a clinically focused team based approach to health promotion conversations This practical reference incorporates the latest guidelines from major organizations including the U S Preventive Services Task Force and offers a complete overview of how to help patients adopt healthy behaviors and deliver recommended screening tests and immunizations Packed with realistic strategies throughout it offers expert guidance on counseling patients about exercise nutrition tobacco use substance use sexually transmitted infections depression and more

Williams' Basic Nutrition and Diet Therapy - E-Book Staci Nix McIntosh,2021-07-15 NEW Next Generation NCLEX case studies and question types are included in the text and on the companion Evolve website NEW Easy to follow writing style utilizes a more lively and direct conversation tone to make material easier to understand NEW Updated references reflect the studies and statistics published in the most current scientific literature NEW Incorporation of the new Nutrition Care Process model grounds you in the systematic approach to

providing high quality nutrition care with regard to nutrition assessment diagnosis intervention and evaluation NEW Coverage of the new Physical Activity Guidelines for Americans ensures you are versed in the latest recommendations

Brunner & Suddarth's Textbook of Medical-Surgical Nursing Janice Hinkle, 2021-08-05 Brunner Suddarth's Textbook of Medical Surgical Nursing Single Volume 15th Edition Keeping tomorrow's nurses at the forefront of today's changing healthcare environment Brunner Suddarth's Textbook of Medical Surgical Nursing 15th Edition delivers the most comprehensive resource available for nursing students in the medical surgical course This bestselling text is designed for the way students like to learn combining a highly readable approach with engaging case studies and learning tools to help students explore essential patient care practices in real world terms and gain a more practical understanding of how they'll apply what they've learned in practice Trusted by instructors students and practicing nurses for nearly 60 years this landmark resource has been comprehensively updated for the 15th Edition to reflect the latest research evidence based practices settings issues ethical challenges and concerns of today's healthcare practice Complete integration with Lippincott CoursePoint allows you to easily map out your entire course provide personalized student remediation and simulate real world nursing scenarios involving patients mentioned in vignettes in the text giving your students unparalleled preparation for success in the medical surgical nursing workforce Also Available as a two volume set 978 1 9751 6828 5 Ensure a mastery of essential nursing skills and equip students for success throughout the nursing education continuum with the complete Brunner Suddarth's Textbook of Medical Surgical Nursing 15th Edition solution available for separate purchase Lippincott CoursePoint for Brunner Suddarth's Textbook of Medical Surgical Nursing 15th Edition Study Guide for Brunner Suddarth's Textbook of Medical Surgical Nursing 15th Edition vSim for Nursing Medical Surgical Lippincott DocuCare *Applied Therapeutics* Caroline S. Zeind, Michael G. Carvalho, Judy W. Cheng, Kathy Zaiken, Trisha LaPointe, 2023-01-06 50th Anniversary Edition of the groundbreaking case based pharmacotherapy text now a convenient two volume set Celebrating 50 years of excellence *Applied Therapeutics* 12th Edition features contributions from more than 200 experienced clinicians This acclaimed case based approach promotes mastery and application of the fundamentals of drug therapeutics guiding users from General Principles to specific disease coverage with accompanying problem solving techniques that help users devise effective evidence based drug treatment plans Now in full color the 12th Edition has been thoroughly updated throughout to reflect the ever changing spectrum of drug knowledge and therapeutic approaches New chapters ensure contemporary relevance and up to date IPE case studies train users to think like clinicians and confidently prepare for practice Nutrition in Public Health Arlene Spark, 2007-05-11 Nutrition plays a key role in many areas of public health such as pre term delivery cancer obesity diabetes and cardiovascular and renal diseases Government nutrition policy therefore bears a huge influence on the nation's biggest health concerns There is a clear need for information on this topic that unarguably holds the key to the primary *Manual of Lifestyle Medicine* James M. Rippe, 2021-05-06 The fundamental

premise of lifestyle medicine is that daily habits profoundly impact health and quality of life both in the short term and long term Written by lifestyle medicine pioneer and cardiologist Dr James Rippe this book provides a clinically oriented evidence based look into key lifestyle factors and how to prescribe them to individuals of all ages Written for professionals working at all levels of medical and healthcare practice this manual summarizes the major components of lifestyle medicine from physical activity and nutrition to weight management and the avoidance of tobacco products It includes clinical guidelines and practices for using lifestyle medicine principles to lower the risk of numerous chronic conditions The manual also provides information on behavior change approaches to lowering the risk of dementia treatment of addictions and injury prevention Features Explains how lifestyle medicine can reduce the risk of heart disease diabetes cancer osteoarthritis dementia and many other chronic conditions Chapters begin with bulleted key points and conclude with a list of clinical applications Provides strategies for prescribing physical activity and helping patients improve their nutrition lose weight if necessary and reduce stress Includes clinically relevant sections on Treating Addiction Preventing Injury and Improving Brain Health This book provides updated and clinically targeted summaries used in conjunction with Dr Rippe s major academic textbook Lifestyle Medicine now in its third edition published by CRC Press Taylor Francis Group LLC

The Top Books of the Year Your Guide To Lowering Blood Pressure With Dash The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have charmed audiences this year. Your Guide To Lowering Blood Pressure With Dash : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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Your Guide To Lowering Blood Pressure With Dash Introduction

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