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EAT WELL, AGE WELL.

DIETARY APPROACHES TO STOP HYPERTENSION (DASH DIET)

If you have high blood pressure, or even, borderline high blood pressure, the DASH diet has been shown to lower blood pressure by 8 to 14 points. This could be enough for your doctor to consider adjusting your medication dose. Food can have powerful effects on your body.

The DASH diet is rich in delicious fruits, vegetables, low-fat dairy foods, whole grains, fish, poultry, beans, seeds and nuts. Many of these foods are high in fiber or excellent sources of the mineral's potassium, magnesium, and calcium, and low in sodium. The National Institute of Health has several free educational materials to help you follow the DASH Diet.

<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>



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WEEKLY CHALLENGES

CHOOSE FRUIT AS A SNACK AT LEAST 3 TIMES THIS WEEK

HAVE 3 SERVINGS OF LOW-FAT OR FAT FREE DAIRY FOODS 4 DAYS THIS WEEK

TRY A VEGETARIAN MEAL THIS WEEK

ADD AN ADDITIONAL FRUIT OR VEGGIE SERVING TO 3 MEALS THIS WEEK

DID YOU KNOW?

The DASH Diet is consistently ranked by *US News & World Report* as a "Best Diet" for healthy eating & weight loss.

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. DASH Diet*
- Placemat/handout – *DASH Diet Overview*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Roasted Broccoli*
- Table Tent- *DASH Diet Tips, Resources and Sample Menu*

Week 3: Give out/Post

- Placemat/handouts – *Tips for Eating Out on DASH diet*

Week 4: Give out/Post

- Placemat/handout- *Red Bean Soup Recipe*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org