

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



Photo courtesy of Pixabay.com

DASH Healthy Eating Plan

Studies have found that the DASH diet, which is proven to help lower blood pressure, has also been shown to help lower blood cholesterol and may **reduce**:

- The risk of kidney stones
- The risk of osteoporosis
- Alzheimer's disease,
- Heart disease and congestive heart failure.

Learn More At

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

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Pam VanKampen, RDN, CD 2-28-19



Picture: Pixabay.com

DASH Tips for Gradual Change

- Add a serving of veggies at lunch one day and dinner the next.
- Replace a snack with fruit.
- Add low-fat or fat-free milk with meals. The goal is to have 3, 8 oz. servings per day.
- Have at least one meal that features a vegetarian entrée.
- Try brown rice instead of white rice, or mix them half and half. Same with pastas.

Download a 6 page DASH Diet Summary

https://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf

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DASH Diet Sample Menu

Breakfast: 1 cup old-fashioned cooked oatmeal* topped with 1 teaspoon cinnamon, 1 slice whole-wheat toast 1 teaspoon trans-free margarine, 1 banana, 1 cup fat-free milk

Lunch: Tuna salad made with: 1/2 cup drained, unsalted water-packed tuna, 3 ounces, 2 tablespoons light mayonnaise, 15 grapes, 1/4 cup diced celery, Served on top of 2 1/2 cups romaine lettuce, 8 Melba toast crackers, 1 cup fat-free milk

Dinner: Beef and vegetable kebab, made with: 3 ounces of beef, 1 cup of peppers, onions, mushrooms and cherry tomatoes, 1 cup cooked wild rice, 1/3 cup pecans, 1 cup pineapple chunks, Cran-raspberry spritzer made with: 4 ounces cran-raspberry juice, 4 to 8 ounces sparkling water

Find More Sample Menus at:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20047110>

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Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.