

# DASH Eating Plan

**The Benefits:** Lowers blood pressure & LDL “bad” cholesterol.



**Eat This**



**Limit This**

	Vegetables		Fatty meats
	Fruits		
	Whole grains		Full-fat dairy
	Fat-free or low-fat dairy		
	Fish		Sugar sweetened beverages
	Poultry		
	Beans		Sweets
	Nuts & seeds		
	Vegetable oils		Sodium intake

[www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH)



National Heart, Lung,  
and Blood Institute

