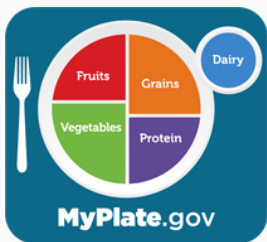


# SMART HEALTH: TOOLS FOR MANAGING HYPERTENSION

## NUTRITION FOR LIFE

A nutritious, balanced diet rich in fruits, vegetables, whole grains, lean proteins, and low-sodium foods is essential for managing blood pressure, as it supports heart health, reduces strain on blood vessels, and helps maintain a healthy weight.



Follow the DASH Eating Plan to ensure heart-healthy food intake. The DASH (Dietary Approaches to Stop Hypertension) eating plan is a heart-healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. The eating plan emphasizes nutrient-rich foods like fruits, vegetables, whole grains, lean proteins, and low-fat dairy while limiting sodium, saturated fats, and added sugars. It provides balanced nutrition that supports cardiovascular health and helps manage or prevent hypertension. To learn more, go to [www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH).

## DASH Eating Plan

EAT THIS ✓	LIMIT THIS ✗
Vegetables (low-sodium) and fruits (no added sugar)	Fatty meats, candy, sweets, and cakes
Whole grains, beans, nuts, and seeds	
Fat-free or low-fat dairy and water	Full-fat dairy and sugar-sweetened beverages
Olive oil, canola oil, corn oil, and other vegetable-based oils	Sodium/salt intake