

Do the DASH

Dietary Approaches to Stop Hypertension

If you have high blood pressure, or are at risk for it, what you eat can make a difference.



Be inspired®

DASH (Dietary Approaches to Stop Hypertension) is an eating plan designed to help lower high blood pressure. It can help reduce blood cholesterol levels and may promote weight loss, too.



Unlike most diets, DASH focuses on adding in foods. It's rich in fruits, vegetables, and low-fat dairy foods, with whole grain breads and cereals, nuts, seeds and legumes, and lean proteins, such as lean cuts of chicken, fish, beef and pork, rounding out the plan. Each food group provides important nutrients that are linked to healthy blood pressure. Vegetables, for example, are rich sources of potassium, magnesium and fiber. Low-fat milk and yogurt from the Dairy Group offer calcium and protein. In the Protein Foods Group, lean pork provides protein and potassium.

DASH limits the amount of fats, sweets and sugary beverages. It also caps sodium at no more than 1,500 to 2,300 mg daily, so prepare foods that you make with less salt and choose low sodium, reduced sodium and no-salt-added versions of foods like jarred pasta sauce and canned soup, beans and vegetables.

Want to learn more about DASH?

Visit porkbeinspired.com/nutrition

DASH is simple to follow:

just eat the recommended number of servings from the different food groups each day, according to your calorie needs –and DASH your way to better health!

Food Group	Servings per day			Serving Sizes
	1400	1600	2000	
Grains*	5-6	6	6-8	1 slice bread 1 ounce dry cereal** ½ cup cooked cereal, cooked rice or cooked pasta
Vegetables	3-4	3-4	4-5	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup low sodium vegetable juice
Fruits	4	4	4-5	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit ½ cup fruit juice
Fat-Free and Low-Fat Dairy Foods	2-3	2-3	2-3	1 cup milk or yogurt 1½ ounces cheese
Lean Protein	3-4 or less	3-4 or less	6 or less	1 ounce cooked, lean meats, poultry or fish 1 egg
Nuts, seeds and legumes	3 per week	3-4 per week	4-5 per week	½ cup or 1½ ounces nuts 2 Tablespoons peanut butter 2 Tablespoons or ½ ounce seeds ½ cup cooked legumes (beans, peas, lentils)
Fats and Oils	1	2	2-3	1 teaspoon soft margarine 1 teaspoon vegetable oil 1 Tablespoon mayonnaise 2 Tablespoon salad dressing
Sweets and Added Sugars	3 or less per week	3 or less per week	5 or less per week	1 Tablespoon sugar 1 Tablespoon jelly or jam

* At least half of all the grains eaten should be whole grains

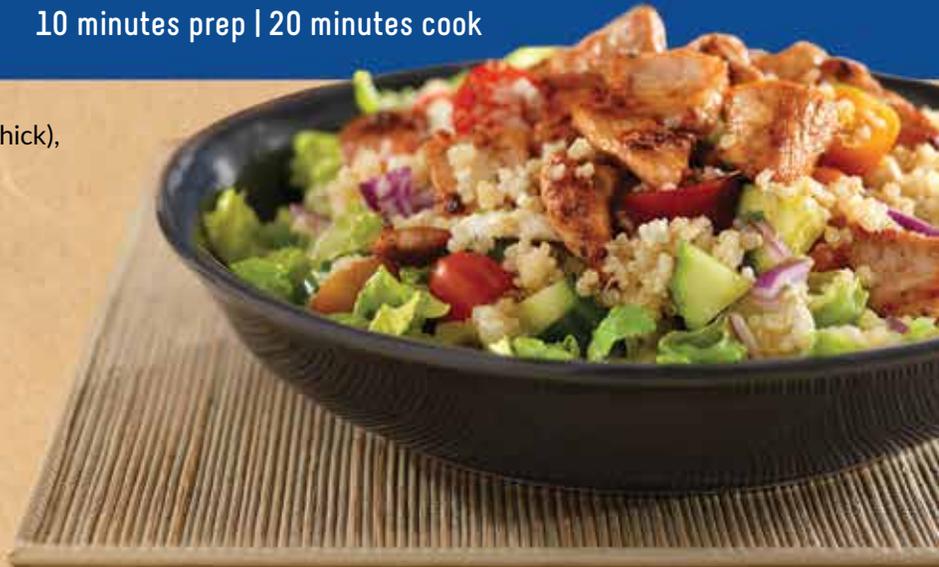
** Serving sizes vary between ½ cup and 1¼ cups, depending on cereal type. Check the Nutrition Facts panel for serving size.



Pork and Quinoa Salad

10 minutes prep | 20 minutes cook

12 ounces boneless pork chops, thinly-cut (1/4-inch thick),
cut into 1-inch cubes
1 cup quinoa
3 cups water
1 teaspoon olive oil
1 teaspoon paprika
2 cloves garlic, chopped
1 head romaine lettuce, cut into 1/2-inch strips
1/2 cup queso fresco, OR feta cheese
1/4 cup red onion, thinly sliced
1 lime, zested and juiced
1 cup cherry tomatoes, halved
1/2 cucumber, cut into bite-sized pieces
To taste, salt and black pepper



Combine the quinoa and water in a pot and bring to a boil. Once boiling, reduce to medium heat and let the quinoa cook until all the water is evaporated.

In a large skillet heat the olive oil over medium high heat. Add pork and sprinkle with paprika, salt and pepper. Sauté, stirring frequently, until browned and cooked to 145 degrees F., about 4-5 minutes. Add the garlic 1 minute before it's done. Remove the skillet from the heat and set aside.

On a large platter, arrange the lettuce.

In a large bowl combine the cooked quinoa, queso fresco, red onion, lime zest and juice, cherry tomatoes and English cucumber. Toss to combine. Season with salt and pepper. Arrange the quinoa over the lettuce, followed by the sautéed pork.

4 servings as a main course, or 8 servings as a side salad

Serving Suggestions:

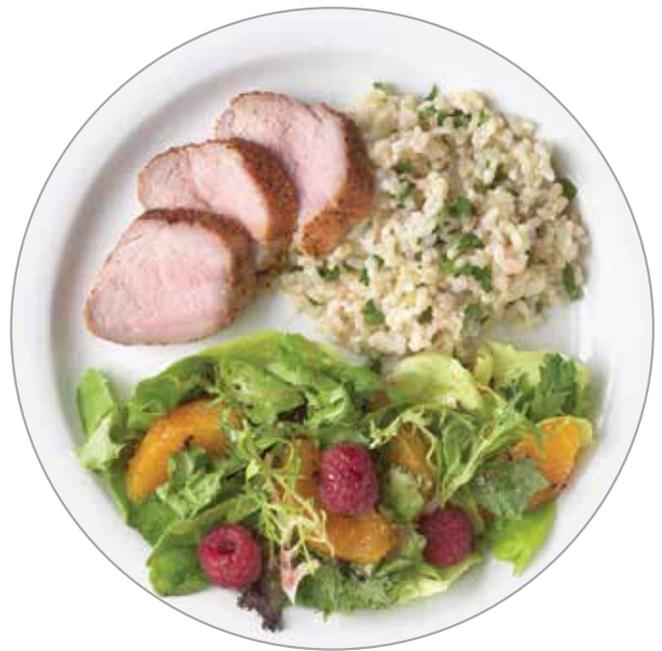
Mix up this salad by adding different vegetables or varying the spices used to season the pork. Garlic salt and black pepper can replace the paprika, or you can jazz things up by adding a dash of cumin when sautéing the pork.

Nutrition:

Calories: 360
Protein: 27 grams
Fat: 10 grams
Sodium: 550 milligrams
Cholesterol: 80 milligrams
Saturated Fat: 2 grams
Carbohydrates: 39 grams
Fiber: 2 grams

PRACTICE PORTION CONTROL:

The average serving size of pork is 4 oz. of boneless raw pork, and 3 oz. of cooked meat, about the size of a deck of cards.



Visit PorkBeInspired.com for more nutritious and delicious pork recipes.

Dear Colleague,

Welcome to our new toolkit, Healthy Helpings with Pork! Each quarter, we'll be sending you up-to-date information and research on timely nutrition topics for both you and your clients.

Our focus this edition is on the DASH (Dietary Interventions to Stop Hypertension) eating plan, which has received accolades from government and health organizations. Long lauded for its effectiveness in lowering blood pressure, the 2015 Dietary Guidelines Advisory Committee recently included research in their scientific report showing that the DASH diet may have favorable effects on cholesterol and may help reduce the risk of heart disease, too.

Attached, you'll find a handout on DASH to share with your clients, explaining how to "Do the DASH." A recent research paper published in *The American Journal of Clinical Nutrition*, led by researchers at Purdue University, found that including nutrient-rich lean pork as the primary source of protein can help adults following the DASH diet lower blood pressure just as effectively as eating chicken or fish.ⁱ To review the full paper please visit <http://porkandhealth.org/Cms/NutritionResearch>.

Many Americans enjoy red meat, so the recommendation to limit it in a traditional DASH plan could be a barrier to those considering the diet. New advice to swap in lean pork may help more people enjoy this healthy eating plan. In the study, overweight or obese adults with elevated blood pressure were randomly assigned to follow the DASH diet for two six-week periods with either chicken and fish, or lean pork as the major protein source. Regardless of which they ate, systolic blood pressure decreased around 7 or 8 points and diastolic around 4 to 5 points after six weeks, based on a 24-hour blood pressure monitoring system.

If you're not already familiar, get to know lean, nutrient-rich pork! It's versatile, affordable, and its many beneficial qualities make it easy for your clients to incorporate lean pork into any healthy diet:

- **Source of Key Nutrients:** Pork is not only a good source of protein but also provides several important vitamins and minerals. A 3-ounce serving of pork is an "excellent" source of thiamin, selenium, protein, niacin, vitamin B6 and phosphorus, and a "good" source of riboflavin, zinc, and potassium.ⁱⁱ
- **Lean Protein:** Today's pork is 16 percent leaner and 27 percent lower in saturated fat compared to 20 years ago.ⁱⁱⁱ Seven cuts of pork meet the USDA guidelines for "lean" by containing less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol per 100 grams of meat.^{iv} And this might surprise you: popular pork tenderloin has the same amount of fat as a skinless chicken breast!
- **Heart-Healthy:** Pork is naturally low in sodium and a "good" source of potassium – two nutrients that, when coupled, can help regulate blood pressure.^v Pork tenderloin is certified as heart-healthy by the American Heart Association with its heart-check mark, indicating that it contains less than 6.5 grams of fat, 1 gram or less of saturated fat (and 15 percent or less calories from saturated fat) and 480 milligrams or less of sodium per label serving, among other criteria.

For the latest pork nutrition information, recipes and more, visit porkbeinspired.com or porkandhealth.org.

In good health,

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ⁱ Sayer RD, Wright AJ, Chen N, Campbell WW. The Dietary Approaches to Stop Hypertension (DASH) diet retains effectiveness to reduce blood pressure when lean pork is substituted for chicken and fish as the predominant source of protein. *The American Journal of Clinical Nutrition*. 2015;102:302-8.

ⁱⁱ National Nutrient Database for Standard Reference, Release 27. Based on 3-ounce cooked servings (roasted), separable lean only.

ⁱⁱⁱ National Nutrient Database for Standard Reference, Release 27. Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking.

^{iv} National Nutrient Database for Standard Reference, Release 27.

^v Buyck JF, Blacher J, Kesse-Guyot E, Castetbon K, Galan P, Safar M, Hercberg S, Czernichow S. Differential associations of dietary sodium and potassium intake with blood pressure: a focus on pulse pressure. *Journal of Hypertension*. 2009;27:1158-1164.