




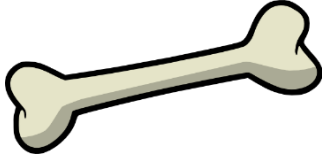



Dietary Approaches to Stop Hypertension (DASH) Diet

Recent research has shown that eating less sodium with the “DASH” diet can help to reduce blood pressure. The “DASH” diet focuses on a diet that is:

Principles of DASH diet	Healthier Food Sources	Tips to increase / reduce intake
<p>Low in Sodium</p> <p><i>Eat Less</i></p> 	<ul style="list-style-type: none"> • All fresh foods 	<ul style="list-style-type: none"> • Choose: <ul style="list-style-type: none"> - fresh foods instead of preserved / processed foods - natural seasonings such as lemon juice, herbs and spices to flavour food • Cut down: <ul style="list-style-type: none"> - salt and sauces used in cooking and at the table - canned products, choose low salt varieties - salt-preserved, cured and smoked foods
<p>Low in fat especially Saturated Fats</p>  <p>Healthier Choice Symbol (HCS)</p>	<ul style="list-style-type: none"> • Lean and skinless meat and poultry (chicken/ duck) • Fish • Bean and bean products such as tofu, soybean milk, tempeh and lentils • Cooking oils with HCS label • Soft margarine instead of butter. Choose margarines with the HCS label • Low fat milk/ yoghurt instead of coconut milk when cooking curry/ gravies 	<ul style="list-style-type: none"> • Aim to eat plant protein such as tofu twice a week  <ul style="list-style-type: none"> • Cut down: <ul style="list-style-type: none"> - bakery buns, lard, fatty meat - deep fry foods to less than twice a week - coconut dishes • Choose thosai, chapati, idli instead of roti prata

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<p>Low in Cholesterol</p> 	<ul style="list-style-type: none"> • Plant foods such as fruits, vegetables and bean products • Egg white 	<ul style="list-style-type: none"> • Cut down: <ul style="list-style-type: none"> - egg yolk to no more than four a week - shellfish and organ meat to no more than twice a week
<p>High in Potassium and Magnesium</p> 	<ul style="list-style-type: none"> • All fruits and vegetables 	<ul style="list-style-type: none"> • Eat a variety of fruits and vegetables every day • Add a serving of fruit to your meals or as a snack • Have fruits (fresh or dried) instead of titbits
<p>High in Calcium</p> 	<ul style="list-style-type: none"> • Low-fat dairy products • Soybean products such as calcium fortified soybean milk and bean curd • Canned fishes in water, anchovies • Green leafy vegetables • Unsalted almonds 	<ul style="list-style-type: none"> • Choose: <ul style="list-style-type: none"> - two glasses of low-fat milk daily - low-fat yoghurt • Cut down: <ul style="list-style-type: none"> • low-fat cheese, as it is also high in sodium

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<p>High in Fibre</p> 	<ul style="list-style-type: none"> • All fruits and vegetables • Legumes such as red beans, green beans and dhal • Whole-grain products, oats and bran 	<ul style="list-style-type: none"> • Have fruits and vegetables at each meal • Add legumes in soups and desserts • Include whole-grain products e.g. wholemeal bread or oats as breakfast options