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THE DASH DIET:
LOWER BLOOD PRESSURE
LOSE WEIGHT
AND FEEL GREAT

Summary

Ever wonder what the DASH diet is all about? What exactly does DASH mean anyway? Everything you need to know to start the DASH diet is included in this special report. You will learn what the DASH diet is, and the scientific evidence behind this amazing diet. You will learn about hypertension and its causes and consequences. You will learn exercise and eating plans, a food list to take to the grocery store, and you will even find a cookbook that includes breakfast, lunch, snacks, dinner, and

dessert. This is a great primer to start you on your way to embarking on a new healthy lifestyle with the DASH diet.

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INTRODUCTION

What is the DASH Diet?

The DASH Diet was created by a branch of the US Department of Health and Human Services. DASH stands for Dietary Approaches to Stop Hypertension. The US Department of Agriculture considers the DASH diet not only an excellent option for anyone facing hypertension or high blood pressure, but also an optimum eating plan for people of all ages and levels of health.

The DASH diet has been named

the best overall diet by the *US News and World Report* for three consecutive years. Each year, the *US News and World Report* compares 28 diets based on seven different factors, including short-term weight loss, long-term weight loss, easiness to follow, nutrition, safety, diabetes, and hearth health. They are graded on a five point scale. The DASH diet ranked 4.1 out of 5 stars as the best overall diet over the other 28 diets three years in a row.

These are quite impressive rankings considering the *US News and World Report* grades many other well known, popular diets by a panel of dietary experts. Anyone who is

interested in a dietary lifestyle change would be well served in learning about the DASH diet. It offers the most rounded approach to all of the above factors.

SECTION ONE

What is Hypertension?

Hypertension basically means high blood pressure. Blood pressure measures the pressure of blood against the arterial walls while the heart pumps blood through the body.

Blood pressure is read with two numbers. For example, a reading of 120/80 or below is considered normal

blood pressure. The first number, or top number, is the systolic blood pressure. The second number, or the bottom number, is the diastolic blood pressure.

When the blood pressure is above 140/90, it is considered high blood pressure, and when it the blood pressure reads above 120/80, but less than 140/90, it is considered pre-hypertension. Pre-hypertension will most likely lead to hypertension.

What Causes Hypertension?

There are many reasons why a person might develop high blood pressure. Some reasons include:

- Too much sodium in the body due to a sodium rich diet
- Underlying condition of the nervous system, kidneys, or blood vessels
- Hormonal levels
- Age
- Being African American
- Obesity
- Over consumption of alcohol
- Family history of hypertension
- Diabetes
- Smoking
- Adrenal gland disorders
- Preeclampsia in pregnancy

- Some medications
- Renal artery stenosis
- Hyperparathyroidism

What are Symptoms of Hypertension?

Most cases of hypertension go unnoticed by the person experiencing high blood pressure because there are rarely outward symptoms. People usually realize they have high blood pressure when they visit the doctor and have their blood pressure checked. Not having your blood pressure checked regularly is very dangerous. This is especially true as a person ages because hypertension can lead to heart disease or

kidney problems while being unaware of the high blood pressure issue.

Several symptoms of a very dangerous disease known as malignant hypertension include severe headaches, vomiting, nausea, confusion, vision changes, and nosebleeds. If you have these symptoms, go directly to an ER.

Testing for Hypertension

Your doctor will take your blood pressure reading several times before diagnosing you with hypertension. Multiple readings taken at different times of day are then averaged to diagnose high blood pressure.

A person's blood pressure changes quite a bit through the day, so it can be difficult to get an accurate reading of actual high blood pressure. Your blood pressure is lowest when you first wake up in the morning and can increase up to 30% throughout the day due to fluctuations in hormones, activity, stress levels, and eating.

You can also purchase a blood pressure monitor to take your blood pressure reading at home. Your health care provider can advise you on what monitors are best and how to properly use them. At home, you can take your blood pressure at the same time each day

to see if there are fluctuations in the readings. This should give the most accurate estimate of whether or not your blood pressure is decreasing or increasing due to lifestyle changes.

Where did the DASH Diet Originate?

The DASH diet originated out of clinical studies by the National Institute of Health. These studies were designed to test which diets are best suited to reducing hypertension. The National Institute of Health examined three different diets in the clinical studies and

then examined their results.

The tests took place at five different medical centers including John Hopkins University in Baltimore, Maryland; Kaiser Permanente Center for Health and Research in Portland, Oregon; Duke University Medical Center in Durham, North Carolina; Brigham and Women's Hospital in Boston, Massachusetts; and Pennington Biomedical Research Center in Baton Rouge, Louisiana.

In the studies, two experimental diets were used and compared against a third control diet. The control diet was low in key nutrients, such as calcium, potassium, fiber, and magnesium, with

high levels of fat, which was similar to the “typical American diet.” The first experimental diet was similar to the control diet, but it included a larger portion of fruits and vegetables and fewer snacks and sweets. The second experimental diet was the DASH diet, which is high in fruits and vegetables, high in fiber, low in fat, and has higher protein than the control diet.

Nearly 10,000 people were screened for the clinical study, with only 459 people being chosen. These 459 people were close to the demographic target population, who were men and women averaging an age of 46 with an average blood pressure of 160/80. This would

be considered high blood pressure. African-Americans and other ethnic groups made up 67% of the clinical trial group. Due to the fact that minority populations are more likely to suffer from high blood pressure, this was a representative sample. Women made up 49% of the study group.

Study participants ate one of the three randomly assigned diets for eight weeks. Each diet contained about 3400 mg of sodium. Alcohol was limited to two beverages per day and caffeine was limited to three beverages per day.

Study Results

The study showed that the DASH diet lowered blood pressure an average of 5.5 mm Hg for systolic blood pressure and 3.0 mm Hg for diastolic blood pressure compared with the control group. The minority and hypertensive study subjects had the greatest reduction in blood pressure. The diet that was similar to the control diet but included more fruits and vegetables was also successful in dropping blood pressure, but to a more moderate degree. For all test subjects, even those who were not hypertensive, the DASH diet dropped blood pressure within two weeks of starting the diet.

Side effects of the study were a

reduction in constipation for the DASH diet group and for the fruits and vegetables group, showing that fruits and vegetables reduce constipation.

Continued Study

An additional study was conducted at the end of the original DASH study to determine if lowering sodium in conjunction with the DASH diet would produce even better results. It was based on a large sample of participants numbering 412 people, in a multi-center, randomized clinical study.

The participants were adults with prehypertension or were hypertensive.

They were randomly assigned to two different diet groups. One group was the DASH diet group and the control group was given an “average American diet.” The participants were further broken down into three subgroups with three different levels of sodium being 3000 mg, 2400 mg, or 1500 mg. The participants ate these diets for a total of 30 days.

Results

Both the DASH diet and control diet at lower sodium levels reduced blood pressure. The greatest reduction in blood pressure was from the 1500 mg per day DASH diet. There was an average of

8.9/4.5 mm Hg blood pressure reading in this study group. Hypertensive participants experienced an even greater reduction in blood pressure averaging 11.5/5.7 mm Hg.

Conclusion

Lowering sodium to 1500 mg per day will decrease blood pressure somewhat, but implementing the DASH diet at 1500 mg per day will create incredible results. There is sound scientific evidence to support the effectiveness of the DASH diet to reverse hypertension.

SECTION TWO

Why Go on the DASH Diet?

Let's face it, hypertension is no laughing matter. There are serious risks associated with uncontrolled high blood pressure that could lead to disability and death. The good news is that hypertension is preventable and treatable with lifestyle changes.

How Many People in America Suffer from Hypertension?

The current statistics show that roughly one in three American adults suffer from high blood pressure. That is approximately 65 million people. Half of all Americans over the age of 60 currently have hypertension, and the risk of a typical American having high blood pressure at some time in his or her life is about 90%.

Those statistics are not very good odds. But the good news is that prevention and delay of high blood pressure is possible.

Costs of High Blood Pressure

The costs of high blood pressure due

to numerous deadly diseases, shortened life span and lower quality life are estimated to be about \$93 billion a year in the United States alone.

Complications Associated with Hypertension

Damage to the arteries

Arteries are elastic, flexible and strong. They supply the body with nutrients and oxygen. Increased pressure due to high blood pressure can cause

various problems for the arteries.

- Arteriosclerosis is the thickening and narrowing of arteries that can occur as a result of high blood pressure. This can reduce blood flow to vital organs, including the heart, brain, kidneys, lungs and arms. Arteriosclerosis can cause a wide range of problems, including chest pain, heart attack, stroke, kidney and heart failure, and eye damage.
- Aneurysm is a bulge in the artery caused by high blood pressure. The aneurysm can rupture, causing internal bleeding that can lead to

death.

Damage to the heart

The heart is responsible for blood flow throughout the entire body, but high blood pressure can create serious problems for this vital organ.

- Coronary artery disease limits the blood supply to the heart. This can lead to heart attack.
- An enlarged left heart is the result of high blood pressure forcing the heart to work too hard. When this happens, the left side of the heart thickens and stiffens. This can lead to

heart attack, heart failure, or sudden death.

- Heart failure can be caused by the strain of elevated blood pressure on the heart muscle. This can cause the heart to become overwhelmed and fail.

Damage to the brain

The brain requires a ready supply of nourishing blood in order to work correctly.

- Transient ischemic attack is also called a mini-stroke. It is a brief disruption in the blood flow to the

brain, often caused by a blood clot due to high blood pressure. A TIA often warns of an impending full stroke.

- Stroke occurs when the brain doesn't get the oxygen and nutrients it requires to function properly. This causes the brain cells to die. High blood pressure damages and weakens the brain's blood vessels, which can lead to stroke.

- Dementia is a disease of the brain that can cause problems with speaking, thinking, memory, movement, and vision. Although there are several causes of dementia, one

primary cause is the narrowing of the arteries leading to the brain, caused by high blood pressure. Even high blood pressure that starts at a young age can result in later dementia.

- Mild cognitive impairment is the stage between normal changes in brain function that happens due to aging and more serious problems like Alzheimer's. This is a result of blocked blood flow through the arteries due to high blood pressure damage.

Damage to the kidneys

The kidneys are the body's filtration

system. The filtration process relies on healthy blood vessels. High blood pressure can interfere with the filtration process and can lead to several kinds of kidney disease.

- Kidney failure can happen when high blood pressure causes damage to the arteries that lead to the kidneys and the small blood vessels inside the kidneys. This damage can make kidneys work less effectively, filtering waste and can result in waste accumulation.
- Kidney scarring or caused by scarring to the glomeruli, which are clusters of blood vessels inside the

kidneys. These scars make it impossible for the kidneys to filter waste, which can lead to kidney failure.

- Aneurysm to the kidney arteries is caused by damage to the arteries leading to the kidneys. High blood pressure causes this damage.

Damage to the eyes

The eyes are supplied with blood by tiny blood vessels that are easily damaged by high blood pressure.

- Eye blood vessel damage can be caused by high blood pressure.

This can lead to retina damage and bleeding of the eyes, blurry vision, and total loss of vision.

- Fluid buildup under the retina is caused by leaking blood vessels under the retina. This can lead to impaired vision.

- Damage to the optic nerve is caused by blocked blood flow to the optic nerve, killing nerve cells in the eye, leading to bleeding in the eye and vision loss.

Sexual dysfunction

Sexuality is often important in

maintaining lasting relationships. Sexual dysfunction can lead to anxiety and troubles in personal relationships.

- Male sexual dysfunction can be caused by high blood pressure because it damages the blood vessels and arteries that limit the blood flow to the penis. This makes it increasingly difficult to achieve or maintain an erection.

- Female sexual dysfunction due to high blood pressure is caused by limited blood flow to the sexual organs, leading to decreased sexual desire, dryness, and difficulties reaching orgasm.

Other issues related to high blood pressure

- Bone loss can be caused by increased levels of calcium being excreted in the urine caused by high blood pressure.
- Sleep problems, such as sleep apnea, are common in about 50% of all people who suffer from high blood pressure.

Conclusion

Clearly the risks of hypertension far outweigh the momentary pleasure in continuing to eat a “typical American diet.” Unfortunately, most Americans lack proper nutritional education to change their lifestyle. By reading this report, you are making the first positive step toward a healthier life.

SECTION THREE

Who Should Go on the DASH Diet?

The United States Department of Agriculture considers the DASH diet an ideal diet for all Americans regardless of age or current level of health. It provides an optimum level of nutrition while maintaining a low-fat, low sodium intake eating plan. It is an excellent and healthy option for the entire family.

However, there are individuals who would benefit more for the DASH diet simply because the DASH diet can literally save their lives.

Do You Have High Blood Pressure?

One in three Americans currently have high blood pressure, which accounts for roughly 68 million people. High blood pressure generally affects older Americans, but a growing number of young people also suffer from the disease.

As covered in Section 2, uncontrolled high blood pressure can

lead to serious and life threatening health problems. We all want a long and healthy life. If you have high blood pressure, going on the DASH diet is the optimum diet to lower your blood pressure, prevent blood pressure related diseases, and potentially save your life.

Are You Overweight?

Currently, nearly 69% of all Americans are overweight or obese, while 36% are obese. This is a humbling and clarifying statistic. Most overweight people do not realize that at they are overweight or are in denial about their weight issue. Being overweight over a

long period of time can lead to high blood pressure, which can lead to the wide range of health issues covered in Section 2.

And it isn't just adults who are suffering from this health epidemic. About 32% of American children and adolescents are overweight or obese, and about 17% of them are obese. Even very young children are at risk, with 30.5% of preschoolers being overweight or obese.

If you live in America, chances are that you are overweight since roughly two-thirds of the overall population is. Lower income Americans and ethnic

groups are at greater risk for obesity and being overweight because of the cheap, low nutrient, high fat foods that are available to these groups.

But it isn't just the poor who suffer from obesity and being overweight. One simply has to turn on the TV to see shows like *The Biggest Loser* to see the prevalence of the obesity crisis in our country.

If you are in the one-third minority of Americans who are not overweight, it is probably due to proper food choices. It is likely you have an understanding of nutrition and the importance of physical activity. This report will give you

additional information and suggestions for living an even healthier lifestyle. But if you are part of the two-thirds majority, this report could save your life.

Obesity costs this country over \$147 billion a year and countless lives. The crisis is so deep that many people resort to surgery, yo-yo dieting, and dangerous pharmaceuticals.

The current generation of children may have shorter lifespan than their parents. Why? Because people don't know how to eat. The FDA does not regulate the nutritional content of foods that are constantly advertised and cheaply available to the public. We, as a

nation, are poisoning ourselves with high fat, high sodium, and low nutrient foods. It is costing the lives of this generation and is severely limiting the lives of the future generations.

The DASH diet is a perfect diet for the entire family. In later sections, meal plans and recipes will be provided for further understanding and guidance of how to follow the plan. The DASH diet is not a fad, lose weight quick diet, it is a complete lifestyle overhaul. It may very well save your life and the lives of your children.

Do You Have a History of Heart Disease in Your Family?

Anyone with a history of heart disease should think seriously about implementing the DASH diet. Even if you do not currently have heart disease or high blood pressure, or are obese, going on the DASH diet can help prevent these problems from arising in the future.

The DASH diet is a heart healthy diet. It has been shown in scientific studies that the DASH diet prevents and lowers hypertension. It can also help prevent heart disease and issues contributing to heart disease.

Do You Want a Healthier Lifestyle?

Perhaps you are healthy, not overweight, and have no underlying medical problems, but you just feel a little off. Maybe you have low energy, maybe you lack focus, maybe you rely too heavily on your coffee in the morning.

The DASH diet is an excellent program to follow if you just want a generally healthier lifestyle. You don't have to worry about the plan being a fad or a marketing ploy. The foods that are on the DASH diet are readily available to everyone at the local grocery store. It won't cost any more to eat DASH diet foods than what you spend now, and you

will feel great, live longer, have healthier skin and hair, have more energy, and more stamina to enjoy your life.

SECTION FOUR

How does the DASH Diet Work?

How Does the DASH Diet Lower Sodium?

We have heard for many years that we need to lower our salt intake, so most people have limited the amount of table salt they use. However, this change has not decreased the occurrence of hypertension in America. The main culprit of sodium is processed and packaged foods and the foods we eat in restaurants. Most of these foods have high levels of sodium, and we are eating

more of them than ever before.

The DASH diet plan is a low sodium diet that doesn't just reduce table salt intake. It is a comprehensive diet that limits the processed and packaged foods that are the main cause of high sodium intake.

By learning to eat a new kind of diet that relies on fresh fruits and vegetables, whole grains, beans and legumes, and low-fat dairy and meat products, lowering sodium is as simple as sticking to the eating plan. It is rich in essential nutrients, such as potassium, that are important in preventing and combating high blood pressure. It is also rich in

fiber, minerals, and other heart healthy nutrients.

Currently, the US recommended daily intake of sodium is less than 2300 mg a day. The recommended intake for people with high blood pressure is 1500 mg per day.

If the average American diet were to reduce sodium to 1500 mg per day, it would save an estimated 70,000 lives per year. Until the government forces the FDA to regulate the amount of sodium in pre-prepared foods, it is up to individuals to look after their own health. It is a simple lifestyle change that could very well save your life.

What Kinds of Food Can You Eat on the DASH Diet?

The DASH diet doesn't require you to limit yourself to boring cardboard like crackers or subsist on liquid shakes. The DASH diet is an adaptable plan that you can tailor to your own food tastes and choices. Because it is founded in solid nutritional understanding, you don't have to worry that you will not be getting the proper nourishment for your body.

There is a wide variety of foods that are encouraged to eat on the DASH diet plan. Most of these foods are fresh,

unprocessed fruits and vegetables, whole grains, low-fat dairy foods, lean meats, nuts, seeds and legumes, and limited fats and sweets.

What most Americans do not realize is that fresh foods are extremely tasty. Once a person has been eating a cleaner, fresher diet for a few days, they will experience a sharp reduction in cravings for unhealthy, salty, sweet, and fatty foods.

The DASH diet works by requiring a person to eat a specific number of servings of different types of foods each day depending on the caloric intake that person requires.

SECTION FIVE

How to transition into the DASH diet

Transitioning into the Diet

Various sodium levels of the diet

The DASH diet plan allows for variation in both sodium levels and caloric intake. To begin with, it might be difficult for an individual to go down to 1500mgs of sodium a day, especially if they are used to a typical American diet that consists of roughly 4000mg of sodium a day. That is why the DASH diet allows dieters to transition into the

lower sodium levels while beginning the diet.

The important part of the DASH diet is long term success, not short term weight loss. Therefore, accounting for the individual's needs, and human nature is crucial in the success of the diet.

In the DASH diet clinical studies, there were three different sodium groups. These sodium levels were 3300mg, 2300mg, and 1500mg. The lowest levels of sodium on the DASH diet have the quickest and best results in lowering blood pressure, so this is the ideal plan.

If you are eating a high fat, high sodium diet, start by transitioning to a 3300mg DASH diet, then 2300mg, then finally 1500mg. Unprocessed foods have very little sodium content. The way to count your sodium intake on the DASH diet is by reading the labels on the processed foods you eat and adding them up to get the total daily value. Since most of the meal plans on the DASH diet are from whole, unprocessed foods, it will be easy to transition to a lower sodium regimen.

Caloric Intake

There are several different caloric intake plans on the DASH diet. The

reason for this is that different bodies require different calorie levels for optimum health. For example, men require more calories than women and taller people require more calories than shorter people.

Also, severely reducing calories abruptly can shock the body. If a person has been on a very high calorie diet, it is better to transition more slowly into a lower caloric intake than to do it all at once.

There are three caloric levels on the DASH diet plan. These are 1600, 2600, and 3100. Each of these different plans require different serving quantities for

the various food groups required on the DASH diet. This will make following the caloric intake requirement much easier.

This table will give you an indication of the required servings per calorie level:

Type of food	Number of servings for 3100 Calories
Low fat or non fat dairy foods	2-4
Vegetables	4 - 6
Grains and grain products	

(include at least 3 whole grain foods each day)	6 - 12
Lean meats, fish, poultry	1.5 - 2
Fruits	4 - 6
Nuts, seeds, and legumes	3 - 6
Fats and sweets	2 - 4

This way, instead of counting calories, you are counting serving amounts. A serving of any food is equivalent to approximately the size of your closed fist.

Transitioning Into a High Fiber Diet

The typical American diet is very low in fiber, while the DASH diet is very high in fiber. In the long run, this high fiber diet will be excellent for the digestion. However, many people have noticed digestive difficulties when first transitioning into a high fiber diet.

Some of these digestive difficulties include bloating, diarrhea, constipation, gas, etc. It is important to be aware of these side effects before beginning the DASH diet, and in many cases it might be wise to transition into the diet over a week's time.

To transition slowly into the high

fiber DASH diet, you can eat your normal meals for breakfast and lunch and eat a DASH diet dinner that is rich in fruits and vegetables and whole grains for the first three days. Then on the fourth day, begin to eat your lunch and snacks according to the DASH diet plan. Finally, for breakfast, at the end of the first week, you should be fully transitioned into the DASH diet meal plan.

When transitioning into a high fiber diet it is essential to drink plenty of water to flush the fiber through the system. Drink at least eight 8 oz glasses of water throughout the day during the transition week, and continue to have

high water consumption as you continue the DASH diet plan.

SECTION SIX

Planning the diet

Starting the Plan

Any change in life can be a little intimidating and maybe even downright scary, but you can succeed at any goal with the right mental attitude. If you approach the DASH diet as if it is something that will be hard, something you know you will fail at, you will. But if you approach the DASH diet like an adventure into greater health and wellness, something you know you will succeed at, you will.

It all comes down to what you believe. The unhealthy habits you have had up until now are also part of your belief system. You believe that eating fast food will save you time and money. But if you switch your thinking to believing that eating fast food will end up costing you a lot of time and money in illness, you may begin to see a crack in the desire to consume those foods.

Healthy foods become much more attractive after a few days. Our bodies become addicted to high fat, rich foods. But after a few days, your taste buds will readjust to the nutrient rich, fresh foods and you will find a much greater

level of satisfaction in them. You will begin to taste much more subtle flavors. And believe it or not, you will begin to crave HEALTHY FOOD!

You can achieve anything you believe you can achieve. Think of a time when you just knew you would succeed, and you did. Changing your lifestyle is like that. You simply have to believe that you can, and you will.

It sounds simple, but underneath, it really isn't. There is often a great deal of resistance to change for anyone. You must have compassion for yourself and be gentle with yourself. Don't be too hard on yourself if you don't really want

to change, even though you know you need to. It's OK!

Beating yourself up is not going to help you. You have to take change one day at a time. Even though it is difficult to change, just keep doing it. Allow yourself your moments of weakness, and forgive yourself for it. Forgiving yourself is the easiest way to continue on with anything that requires a great deal of change to accomplish. Rome wasn't built in a day, and neither is a totally new lifestyle. Give yourself a break and just keep trying.

Motivation to Change

Life is a beautiful wonderful thing. But so are doughnuts, right? If you have children, a spouse, family, friends, or even a pet, think about what life would be like for them without you. Think of what it would be like for them to see you suffer with illness and possibly die.

When you compare the look in your child's eyes when she kisses you goodnight, to the taste of a chocolate glazed doughnut or a hamburger, it is obvious what feels better and is more important.

You deserve to be there for your kids, your grandkids, and yourself. There

are so many things in life to learn and do. There are places to go, people to see. The world is waiting for you and your gifts. Why leave it before you have to?

Cleaning Out the Kitchen

After about a week of transitioning into the higher fiber diet, you should be ready to fully commit to the DASH diet plan. Now it is time to rid your kitchen of all the high fat, high sodium, low nutrient foods.

This is an essential step for several reasons. The obvious reason is that

when you clean the kitchen out of all unhealthy foods, those foods will no longer be in the kitchen to eat. The less obvious reason is because when you do this ritual, it is a signal to your subconscious that you mean business.

First look in the refrigerator. Take out all full fat dairy products. This includes milk, yogurt, cheese, cottage cheese, etc. Next, you are going to get rid of any high fat red meats. Meats you can leave are chicken and fish, lean beef and pork. Any processed cheeses must go. In fact, most processed foods must go. Get rid of high sodium condiments such as soy sauce, teriyaki sauce, ketchup, salad dressings, etc. Check the

labels for sodium and fat content. Anything that has 5-6% or more of the daily allowance of sodium per serving must go.

What can remain in the refrigerator are fruits and vegetables, low-fat dairy, and lean meats. Anything that does not meet that criteria must go.

In the freezer, get rid of the ice cream, the TV dinners, the frozen sweets. What can remain are frozen, no salt added fruits and vegetables, lean meats, low sodium veggie-burgers, low fat frozen yogurt, soy ice cream, or rice ice cream and the like.

Next, go to the pantry. Get rid of the white rice, the white bread, refined pastas, chips, crackers, cakes, cookies, and anything that is a refined, simple carbohydrate. Get rid of candy, soda, etc. Again, check the labels.

You will have to get rid of most canned foods because they contain high levels of sodium and a lot of fat. Foods such as canned chilies and many types of canned soups have MSG added. Check the labels for MSG and sodium content, and get rid of anything that has a sodium content of more than 100 mg per serving. Get rid of anything containing MSG.

The foods that can remain in the

pantry are whole grains such as brown or wild rice, whole grain bread, quinoa, whole grain pasta, oatmeal, millet, and barley. You can keep canned beans that have no salt added. You can also keep all your dried beans, lentils, and other legumes.

By now the kitchen should be pretty cleared out. It might look completely empty. Don't worry about wasting money because the amount of money you will save in the long run by protecting your health will be well worth it.

SECTION SEVEN

Shopping Guide

Things to remember:

Shopping for the DASH diet is fun and easy if you remember a few simple guidelines.

1. The first thing you want to do before you go shopping is prepare.

Make a list of the ingredients you will need for your meal plan for the next several days or week. Include all the foods you will need, including snacks and breakfast. A good list of everything you plan to eat for the coming days is the best way to save money and to stick to your diet plan. Without a list, it is easy to veer away from your plan into tempting, unhealthy foods.

Don't go to the store hungry. Make sure you eat before going to the grocery store. The surest way to end up with a bunch of unhealthy foods in your cart is to go to the store hungry because everything looks appetizing

when you are.

2. Remember what the DASH diet is all about.

The DASH diet is predominantly a diet of fresh, whole foods. So when you go shopping, concentrate on freshness. The less processing the better. That means you stick to the produce, poultry and seafood, and dairy sections. You want to concentrate most of your time in the produce department. Fresh foods are full of nutrients, like vitamins and minerals, and are also high in fiber. Those are all the things you want

when eating the DASH diet. Stay away from frozen foods like pizzas, lunch meats, and food in cans.

The fresh food sections are usually around the perimeter of the grocery store.

Read the labels. This can't be emphasized enough. The majority of Americans eat processed foods but have no idea what is in them. Get comfortable with taking the extra minute to read the label and be aware of what you are buying. There is often hidden sodium in many products. Stick to low sodium, low fat, low calorie products.

3. Keep DASH diet friendly items in the house.

Fruit is one of the best staples to have around the house because it can easily become a substitute for unhealthy sweets. Fruits such as bananas, oranges, apples, grapes and dried/unsweetened fruits are great for snacking and adding to salads.

Vegetables are not always everyone's first choice, but after a while you will come to love your fresh salads. The trick with vegetables is to have a wide variety. The greater the variety, the more flavors you will get to

enjoy. Vegetables like tomatoes, carrots, lettuce, mushrooms, broccoli, mixed greens, and spinach are great staples to have around the house for everyday cooking.

Whole grains will become a large part of your diet and can be nicely mixed together with salad vegetables. You want to have a variety of whole grains on hand for different flavors. Some great examples of whole grain foods are brown and wild rice, whole grain bread, quinoa, millet, whole grain cereal, oatmeal and more. Explore the world of whole grains.

Legumes, seeds, and nuts will become an important protein source on the DASH diet. Beans such as kidney beans and navy beans are packed with protein. Lentils are an excellent source of iron and make a very hearty soup. Seeds like sunflower seeds are a lower fat alternative to nuts, which are also a great option. Seeds and nuts are excellent to add to raw salad meals. When picking nuts and seeds, make sure you get unsalted or low salt varieties.

Lean meats, fish and poultry will round out your protein needs. It is best to stick to poultry and fish.

Choose skinless chicken or turkey. Fish is naturally low in fat. Extra lean ground beef is an option, as is round and sirloin beef cuts, in addition to pork tenderloin.

Low fat dairy products such as low-fat or non-fat milk, low fat kefir, cheese, yogurt and sour cream are permissible on the DASH diet.

Excellent substitutes for table salt are herbs, spices, olive oil, and flavored vinegars, which all add flavor to meals without adding salt.

4. Choose your cookware.

Nonstick cookware is a great way to reduce the need for oil or butter when cooking meat or vegetables.

Use a vegetable or rice steamer instead of a pot to reduce the need for butter or oil.

Using a garlic press or spice mill to make it easier to add flavor without the extra salt.

5. Be aware of healthy cooking practices.

Add plenty of spices, herbs, garlic, ginger, lemon, flavored vinegar, and peppers to add flavor without adding

salt.

Rinse your canned foods like canned vegetables, canned tomatoes, and tuna to rinse away the extra salt in the packing liquid.

Many broths include a great deal of sodium. You can make your own vegetable broth by sautéing mushrooms, onions, and other vegetables with water. Or you can purchase no sodium broths at the store.

Reduce your meat intake. At first this might be difficult, but after a while you will become comfortable with

vegetarian meal options and will not miss the meat at all. You can also reduce meat in recipes by simply adding a fraction of the meat the recipe calls for.

DASH Diet Food List

Protein

Skinless chicken breast

Skinless turkey breast

Lean ground turkey

Swordfish

Haddock

Salmon

Tuna

Crab

Lobster

Shrimp

Top round steak

Top sirloin steak

Extra lean ground beef

Lean ham

Egg whites

Trout

Soy

Tofu

Low sodium veggie burgers

Low sodium tempeh

Unsweetened soy milk

Pork tenderloin

Fruits and Vegetables

Broccoli

Asparagus

Lettuce

Carrots

Mixed Greens

Kale

Mushrooms

Spinach

Tomato

Peas

Cucumber

Onion Cauliflower

Green beans

Green peppers

Potato

Brussels sprouts

Artichoke

Cabbage

Celery

Zucchini

Sweet potato

Yams

Squash

Pumpkin

Corn

Strawberries

Melon

Apple

Orange

Kiwi

Avocado

Artichoke

Blueberries

Raspberries

Papaya

Green tea

Whole Grains

Brown rice

Wild rice

Couscous

Kashi

Bulgur

Whole-wheat pasta

Oatmeal

Barley

Whole-wheat bread

High-fiber cereal
Whole-wheat tortilla
Whole-wheat pita bread
Millet

Dairy

Low fat or fat-free yogurt
Low fat or fat-free milk
Low-fat cottage cheese
Low sodium feta

Legumes, Nuts, and Seeds

Lentils
Black beans

Soy beans

Navy beans

Chickpeas

Kidney beans

Great northern beans

Sunflower seeds

Pumpkin seeds

Peanuts

Peanut butter

Walnuts

Almonds

Flax seed

Oils

Olive oil

Grape seed oil

Flax seed oil

Canola oil

SECTION EIGHT

Sample DASH diet Menu Plan

Day 1

Breakfast: 204 calories, 105 mg sodium

Baked oatmeal

Lunch: 157 calories, 50mg sodium

Salad greens with pears, fennel, and
walnuts

Snack: 50 calories, 96 mg sodium

Hummus with pita

Dinner: 330 calories, 370 mg sodium

Beef and vegetable kebabs

Day 2

Breakfast: 271 calories, 243mg sodium

Banana-oatmeal hot cakes

Lunch: 199 calories, 357 mg sodium

Tuna pita pockets

Snack: 135 calories, 150 mg sodium

Spiced carrot raisin bread

Dinner: 168 calories, 266 mg sodium

Broccoli cheddar bake

Day 3

Breakfast: 208 calories, 281 sodium
Buttermilk waffles

Lunch: 254 calories, 348 mg sodium
Chili

Snack: 96 calories, 4 mg sodium
Fruit salad

Dinner: 175 calories, 350 mg sodium
Cod with lemon and capers

Day 4

Breakfast: 212 calories, 150 mg sodium
Cranberry walnut oatmeal

Lunch: 339 calories, 335 mg sodium
Corn tamales with avocado-tomatillo
salsa

Snack: 154 calories, 192 mg sodium
Sweet and spicy snack mix

Dinner: calories 350, sodium 150 mg
Fettuccine with clams, basil, tomato,
corn, and garlic

Day 5

Breakfast: 81 calories, 249 mg sodium
Egg white omelet

Lunch: 300 calories, 367 mg sodium
Buffalo chicken salad wrap

Snack: 156 calories, 0 mg sodium
Trail Mix

Dinner: 283 calories, 140 mg sodium
Grilled Portobello mushroom burgers

Day 6

Breakfast: 104 calories, 42 mg sodium
Low fat yogurt with mixed fruit

Lunch: 235 calories, 54 mg sodium
Pasta salad with mixed vegetables

Snack: 334 calories, 0 mg sodium
Smoothie

Dinner: 347 calories, 341 mg sodium
Pasta with spinach, garbanzos and
raisins

Day 7

Breakfast: 143 calories, 150 mg sodium
Buckwheat pancakes

Lunch: 179 calories, 276 mg sodium
Sun dried tomato pizza

Snack: 96 calories, 4 mg sodium
Fruit Salad

Dinner: 151 calories, 56 mg sodium
Polenta with fresh vegetables

SECTION NINE

Exercise

Walking

Walking has many health benefits and is a low impact aerobic exercise. Of all types of exercise, walking is the simplest, cheapest, and most basic form. Everyone knows how to walk and walking requires no special training or specific gear.

There are many benefits of walking, which include:

- Lowering cholesterol
- Lowering blood pressure
- Reducing weight
- Reducing risk of diabetes
- Limiting a depressed mood
- Increasing strength

Walking isn't an exercise with much of a risk of injury, but when embarking on any new exercise program it is important to take it easy on the body. Don't plan to walk five miles if you are

just starting out. Be realistic. Start with a one mile or less for the first few tries, and then slowly increase your distance and speed as your body becomes stronger.

The best thing about walking is that it is free. You can do it right outside your front door. It is great to listen to your favorite music, an audio book, or a motivational program while walking. The fresh air and visual impressions are great for the soul.

Other low impact aerobic exercise

When it is too cold to walk, there are other light aerobic exercise options that

you can participate in. You might want to buy a tai chi exercise video or join a program at your local community center. There are other light aerobic exercise programs and activities such as cardio step exercise, stationary bicycling, or walking on a treadmill.

These activities might have a cost involved and a small learning curve, but they are low impact and carry the same health benefits as walking. It is important to always wear proper foot wear when doing any exercise program and to stay properly hydrated.

Yoga

Yoga has a non aerobic exercise that

has many health benefits, which include:

- Increased flexibility
- Increased strength
- Balanced mood
- Lower blood pressure
- Weight management
- Reduced stress
- Increased concentration
- Reduced insomnia

- Increased cardiovascular capacity

It is important to learn yoga from a trained yoga instructor. Yoga is a low impact exercise but it does have certain risks involved. If you do not understand the proper body positioning when trying to do a yoga pose, you could pull a muscle or otherwise injure yourself. Most gyms and community centers offer beginner yoga classes for a small fee in a friendly environment.

For yoga, you will need some equipment including:

- Yoga mat
- Yoga pants
- Supportive flexible top for women

Swimming

Swimming and water aerobics are often called the perfect exercise. It is a low impact aerobic exercise that is done in a weightless environment.

The health benefits of swimming are similar to walking but with the added

benefit of being 0 impact on the body due to the weightlessness experienced in water. This makes swimming and water exercise perfect for older adults and people with injuries or arthritis.

The downside of swimming is that it does require one to know how to swim. Water aerobics requires a swimming pool. Many health clubs have indoor, heated pools and offer swimming classes and water aerobic classes.

The equipment required for swimming are:

- Swim suit
- Goggles

- Swim cap

Conclusion

The DASH diet involves a physical activity component. Physical activity is important in reducing weight and in lowering blood pressure. The benefits of exercise cannot be emphasized enough. Pick a program or a variety of programs that are best suited to your lifestyle and do at least 20 minutes of exercise 3 times a week. After a month, increase this to 30-45 minutes, up to 5 times a week. You will not only look better and have lower blood pressure, you will

FEEL much better as well.

SECTION TEN

Cook Book

Breakfast

Baked oatmeal

Serves 8

Ingredients

1 tablespoon canola oil

2 teaspoons baking powder

Egg substitute equivalent to 2 eggs or 4 egg whites

1/2 cup unsweetened applesauce

1/3 cup brown sugar

3 cups uncooked rolled oats

1 cup skim milk

1 teaspoon cinnamon

Directions

In a large bowl, stir in applesauce, oil, sugar and eggs, add milk and dry ingredients. Mix well. Grease a 9x13 pan. Pour mixture in pan.

Bake at 350 F for 30 minutes.

Nutritional analysis per serving

Calories	204	Sodium
Total fat	4 g	Total carbohydrate
Saturated fat	0.7 g	Dietary fiber
Monounsaturated	1.9	Protein

fat	g	
Cholesterol	0.5 mg	

Banana-oatmeal hot cakes with spiced maple syrup

Serves 6

Ingredients

1/2 cup maple syrup

1/2 cinnamon stick

3 whole cloves

1/2 cup old-fashioned rolled oats

1 cup water

2 tablespoons firmly packed light
brown sugar

2 tablespoons canola oil

1/2 cup whole-wheat (whole-meal)

flour

1/2 cup all-purpose (plain) flour

1 1/2 teaspoons baking powder

1/4 teaspoon baking soda

1/4 teaspoon salt

1/4 teaspoon ground cinnamon

1/2 cup 1 percent low-fat milk

1/4 cup fat-free plain yogurt

1 banana, peeled and mashed

1 egg, lightly beaten

Directions

In a small pan, mix together maple syrup, cloves and cinnamon stick. Cook

on medium heat until boiling. Remove from heat and let sit for 15 minutes. With a slotted spoon, remove cinnamon stick and cloves. Set aside.

Combine the oats and water in a large microwavable bowl. On high, microwave for about three minutes until the oats are cooked. Stir in sugar and oil. Set aside.

Combine dry ingredients in medium mixing bowl.

To the oat mixture add yogurt, milk, and banana. Mix until blended and beat in eggs. Add flour and oats until moist.

Fry in a nonstick frying pan over medium heat. Cook until lightly brown or for about two minutes. Cook on both sides.

Nutritional analysis per serving

Serving size: 3 pancakes

Calories	271	Sodium
Total fat	7 g	Total carbohydrate
Saturated fat	1 g	Dietary fiber
Monounsaturated fat	4 g	Protein
Cholesterol	32 mg	

[Buckwheat pancakes](#)

Serves 6

Ingredients

1/2 cup sparkling water
1 tablespoon baking powder
1/2 cup buckwheat flour
1 tablespoon sugar
1 tablespoon canola oil
1/2 cup fat-free milk
1/2 cup all-purpose (plain) flour
3 cups sliced fresh strawberries
2 egg whites

Directions

Whisk egg whites, milk and oil in small bowl. Combine dry ingredients in a second bowl. Add wet ingredients to dry

ingredients and stir until moist.
Cook in nonstick frying pan until lightly brown. Repeat on both sides.

Nutritional analysis per serving

Serving size: 1 pancake		
Calories	143	Sodium
Total fat	3 g	Total carbohydrate
Saturated fat	trace	Dietary fiber
Monounsaturated fat	2 g	Protein
Cholesterol	trace	

Buttermilk waffles

Serves 6

Ingredients

1 cup whole-wheat (whole-meal) flour
1 cup all-purpose (plain) flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 tablespoon sugar
2 cups buttermilk
1 egg
4 egg whites

Directions

Combine dry ingredients. In another

bowl combine wet ingredients. Add wet ingredients to dry ingredients.

Cook in nonstick waffle maker on medium heat until golden brown.

Nutritional analysis per serving

Serving size: 1 waffle		
Calories	208	Sodium
Total fat	2 g	Total carbohydrate
Saturated fat	1 g	Dietary fiber
Monounsaturated fat	1 g	Protein
Cholesterol	39 mg	

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Cranberry walnut oatmeal

Serves 4

Ingredients

1 cup steel-cut oats

1/3 cup sweetened dried cranberries

1/4 teaspoon salt

1/4 teaspoon ground cinnamon

2 cups water

4 teaspoons chopped walnuts

4 teaspoons firmly packed brown sugar

Directions

Cook oatmeal according to directions on box. Add additional ingredients.

Nutritional analysis per serving

Serving size: About 1 cup

Calories	212	Sodium
Total fat	4 g	Total carbohydrate
Saturated fat	1 g	Dietary fiber
Monounsaturated fat	1 g	Protein
Cholesterol	0 mg	

Egg White omelet

Serves 1

Ingredients

3 egg whites

1 tablespoon nonfat milk

1/2 tsp dried mixed herbs

Freshly ground black pepper

3/4 cup chopped fresh baby spinach

1 tablespoon reduced-fat shredded sharp cheddar or grated parmesan

Directions

In a small bowl mix together milk, herbs, and egg whites. Heat a nonstick frying

pan to medium heat. Add spinach and pour egg mix into pan. Lift edge and flip over. Add cheese.

Calories: 81, Calories from Fat 14, Total Fat 1.6g (sat 0.9g), Cholesterol 5mg, Sodium 249mg, Carbohydrates 3.4g, Fiber 1g, Protein 13.4g

Low fat yogurt with mixed fruit

8 servings

Ingredients

2 cups plain low-fat yogurt

1 8 ounce can crushed pineapple (juice pack)

2 teaspoons vanilla

5 cups mixed fruit (such as fresh or canned pineapple chunks, seedless grapes, sliced fresh strawberries, and/or blueberries)

Mix together pineapple, yogurt, and vanilla in a bowl. Chill for one hour. Spoon a quarter cup of yogurt mixture with $\frac{2}{3}$ cup of fruit mix.

Nutrition Facts per Serving:

cal.(kcal): 104

Fat, total(g): 1

chol.(mg): 3

sat. fat(g): 1

carb.(g): 21

fiber(g): 2

pro.(g): 4

sodium(mg): 42

Lunch

Salad greens with pears, fennel and walnuts

Serves 6

Ingredients

6 cups mixed salad greens

1 medium fennel bulb, trimmed and thinly sliced

2 medium pears, cored, quartered and thinly sliced

2 tablespoons parmesan cheese, grated

1/4 cup toasted walnuts, coarsely chopped

3 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
Freshly ground black pepper, to taste

Directions

Evenly distribute greens on six plates. Add fennel and pear. Add cheese and walnuts. Add olive oil and vinegar. Add pepper to taste.

Nutritional analysis per serving

Calories	157
Total fat	10 g
Saturated fat	1 g

Monounsaturated fat	6 g
Cholesterol	1 mg

Soft tacos with southwestern vegetables

Serves 4

Ingredients

1 tablespoon olive oil

1 medium red onion, chopped

1 cup diced yellow summer squash

1 cup diced green zucchini

3 large garlic cloves, minced

4 medium tomatoes, seeded and
chopped

1 jalapeno chili, seeded and
chopped

1 cup fresh corn kernels (cut from
about 2 ears of corn) or 1 cup frozen
corn

1 cup canned pinto or black beans,
rinsed and drained

1/2 cup chopped fresh cilantro

8 corn tortillas

1/2 cup smoke-flavored salsa

Directions

In large pan, heat the olive oil over
medium heat. Include the onion and cook
until tender. Include the spring squash

and zucchini, and cook until tender, around 5 minutes. Mix in the garlic, tomatoes, jalapeno, corn and beans. Cook until the vegetables are tender, around 5 minutes. Include the cilantro and remove from the high temperature. Heat a large pan (without a nonstick surface) over medium heat. Include 1 tortilla in the hot dish and cook until browned—around 20 seconds for each side. Cook the remaining tortillas. To serve, place the tortillas on different plates. Scoop an equal portion of the vegetable mixture onto every tortilla. Add 2 tablespoons of the salsa to each plate.

Nutritional analysis per serving Serv

tacos

Calories	298	Sodium
Total fat	6 g	Total carbohydrate
Saturated fat	1 g	Dietary fiber
Monounsaturated fat	3 g	Protein
Cholesterol	0 mg	

Tuna pita pockets

Serves 6

Ingredients

1 1/2 cups shredded romaine lettuce

3/4 cup diced tomatoes

1/2 cup finely chopped green bell

peppers

1/2 cup shredded carrots

1/2 cup finely chopped broccoli

1/4 cup finely chopped onion

2 cans (6 ounces each) low-salt

white tuna packed in water, drained

1/2 cup low-fat ranch dressing

3 whole-wheat pita pockets, cut in

half

Directions

In a large bowl, include the lettuce, tomatoes, peppers, carrots, broccoli and onions.

In a small bowl, include the fish and dressing. Blend to mix well. Include the tuna mixture in the lettuce mixture and mix to blend together.

Scoop 3/4 cup of the tuna mixed greens into every pita pocket half and serve.

Nutritional analysis per serving

Serving size: 1 pita half

Calories

199

Sodium

Total fat

5 g

Total
carbohydrate

Saturated fat

1 g

Dietary
fiber

Monounsaturated fat	0.5 g	Protein
Cholesterol	20 mg	

Chili

Serves 8

Ingredients

1 pound extra-lean ground beef

1/2 cup chopped onion

2 large tomatoes (or 2 cups canned,
unsalted tomatoes)

4 cups canned kidney beans, rinsed and
drained

1 cup chopped celery

1 teaspoon sugar

1 1/2 tablespoons chili powder or to taste

Water, as desired

2 tablespoons cornmeal

Jalapeno peppers, seeded and chopped, as desired

Directions

In a large pot add onions and ground beef. Sauté meat until browned and onion is cooked. Drain.

Add beans, tomatoes, celery, chili powder, and sugar to beef mixture. Cook covered for 10 minutes. Make sure to stir. Add water and stir in cornmeal. Cook an additional 10 minutes.

Nutritional analysis per serving

Calories	254	Sodium
Total fat	8 g	Total carbohydrate
Saturated fat	3 g	Dietary fiber
Monounsaturated fat	3 g	Protein
Cholesterol	40 mg	

Corn tamales with avocado-tomatillo salsa

Serves 6

Ingredients

18 dried corn husks, plus extra husks to make ties

3 cups fresh corn kernels or frozen kernels, thawed

2 cups masa harina

1/2 cup lukewarm water

1 teaspoon baking powder

1/2 teaspoon salt

3 tablespoons canola oil

1/4 cup diced red bell pepper
(capsicum)

1/4 cup diced green bell pepper
(capsicum)

2 tablespoons diced yellow onion

1/8 teaspoon red pepper flakes

For the salsa

1/4 cup chopped avocado

5 ounces tomatillos, husked under warm running water and chopped

1 tablespoon fresh lime juice

2 tablespoons chopped fresh cilantro or fresh coriander

1/2 teaspoon seeded, minced jalapeno chili

1/4 teaspoon salt

Directions

Soften corn husks in a bowl of water for 10 minutes. Rinse, drain and pat dry.

Puree 2 1/2 cups of corn in food processor.

Combine masa harina, pureed corn, water, salt, oil and baking powder in a large bowl.

Cook in a nonstick frying pan. Add onion, bell peppers, and remaining corn. Sauté until cooked for about 7-8 minutes.

To make the tamale, put 3 tablespoons of masa mixture in corn husk. Flatten and make a well in the center. Add 1 tablespoon vegetables. Fold and tie with strip of torn husk.

Boil two inches of water to a pot with a steamer basket. Layer tamales in basket. Cover with towel and steam for an hour.

Make salsa by combining tomatillos, lime, cilantro, avocado, and jalapeño with 1/4 teaspoon of salt.

Nutritional analysis per serving

Serving size: 3 tamales

Calories	339	Sodium
Total fat	11 g	Total carbohydrate
Saturated fat	1 g	Dietary fiber
Monounsaturated fat	6 g	Protein
Cholesterol	0 mg	

Buffalo chicken salad wrap

Ingredients

3-4 ounces of chicken breasts

2 whole chipotle peppers

1/4 cup white wine vinegar

1/4 cup low-calorie mayonnaise

2 stalks celery, diced

2 carrots, cut into matchsticks

1 small yellow onion, diced (about 1/2 cup)

1/2 cup thinly sliced rutabaga or other root vegetable

4 ounces spinach, cut into strips

2 whole-grain tortillas (12-inch

diameter)

Directions

Grill chicken breaks for 10 minutes on each side. Cube chicken.

Combine peppers, vinegar, and mayo in a blender. Put in a bowl and mix in chicken. Add spinach and mixture to tortilla.

Nutritional analysis per serving

Serving size: 1/2 wrap		
Calories	300	Sodium
Total fat	8 g	Total carbohydra

Saturated fat	2 g	Dietary fiber
Trans fat	0 g	Sugars
Monounsaturated fat	3 g	Protein
Cholesterol	76 mg	

Pasta salad with mixed vegetables

Serves 8

Ingredients

12 ounces whole-wheat rotini
(spiral-shaped) pasta

1 tablespoon olive oil

1/4 cup low-sodium chicken broth

1 garlic clove, chopped

2 medium onions, chopped

1 can (28 ounces) unsalted diced

tomatoes in juice

1 pound mushrooms, sliced

1 red bell pepper, sliced

1 green bell pepper, sliced

2 medium zucchini, shredded

1/2 teaspoon basil

1/2 teaspoon oregano

8 romaine lettuce leaves

Directions

Cook pasta according to directions on box. Place in a large serving bowl. Add the olive oil and toss.

Heat chicken in a large skillet with

broth adding garlic, tomatoes, and onions for about five minutes. Add herbs. Add to pasta. Chill for an hour.

Nutritional analysis per serving

Serving size: Approximately 2 cups

Calories	235	Sodium
Total fat	3 g	Total carbohydrate
Saturated fat	0.5 g	Dietary fiber
Monounsaturated fat	1.5 g	Protein
Cholesterol	trace	

Sun dried tomato pizza

Ingredients

1 12-inch prepared pizza crust,
purchased or made from a mix
4 garlic cloves, chopped or minced
1/2 cup fat-free ricotta cheese
1/2 cup dry-packed sun-dried tomatoes,
soaked in water to rehydrate, drained
and chopped
2 teaspoons dried basil
1 teaspoon thyme

Directions

Preheat the oven to 425.

Coat a pan with cooking spray. Roll
dough onto pan. Add garlic, tomatoes,
and cheese to dough. Add herbs. Back

about 20 minutes.

Cut the pizza into 8 even slices and serve immediately.

Nutritional analysis per serving size: 2		
Calories	179	Sodium
Total fat	2 g	Total carbohydrate
Saturated fat	trace	Dietary fiber
Monounsaturated fat	0.5 g	Protein
Cholesterol	8 mg	

Snacks

Hummus Dip

Ingredients

2 (15-ounce) cans chickpeas, drained and rinsed

1/2 cup extra-virgin olive oil, or more as needed, plus more for garnish

1/2 lemon, juiced

2 tablespoons roughly chopped fresh parsley leaves, plus more for garnish

2 cloves garlic, peeled

1 1/2 teaspoon salt

1/2 teaspoon dark Asian sesame oil

1/2 to 1 teaspoon ground cumin

12 to 15 grinds black pepper

1/4 cup water

Paprika, for garnish

Directions

Blend together everything but parsley and paprika. Blend until smooth on a low setting. Add garnish.

Chill

Per Tablespoon: Calories: 57; Total Fat: 4 grams; Saturated Fat: 0.5 grams; Protein: 1 gram; Total carbohydrates: 5 grams; Sugar: 0 grams; Fiber: 1 gram; Cholesterol: 0 milligrams; Sodium: 96 milligrams

Sweet and spicy snack mix

Serves 12

Ingredients

2 cans (15 ounces each) garbanzos,
rinsed, drained and patted dry
2 cups Wheat Chex cereal
1 cup dried pineapple chunks
1 cup raisins
2 tablespoons honey
2 tablespoons reduced-sodium
Worcestershire sauce
1 teaspoon garlic powder
1/2 teaspoon chili powder

Directions

Turn on oven to 350. Grease a large baking sheet with low fat oil or cooking spray.

Put garbanzo beans in pan and cook until brown or for about 10 minutes. Put beans on cooking sheet. Add cooking spray. Bake until crisp or for about twenty minutes.

Spray roasting pan with cooking spray. Add cereal, raisins, and pineapple. Add beans and stir.

In a large glass bowl add honey, spices, and Worcestershire sauce. Mix. Bake an additional 15 minutes. Remove and cool.

Nutritional analysis per serving

Serving size: 1/2 cup

Calories	154	Sodium
Total fat	trace	Total carbohydrate
Saturated fat	trace	Dietary fiber
Monounsaturated fat	trace	Protein
Cholesterol	0 mg	

Spiced carrot raisin bread

Serves 18

Ingredients

1 1/2 cup whole-wheat pastry flour

1/2 teaspoon baking soda

1 1/2 teaspoons baking powder

1/2 teaspoon salt

1 tablespoon cinnamon

1/2 teaspoon nutmeg

1/4 teaspoon cloves

1/4 teaspoon paprika or cayenne

1 tablespoon grated lemon zest

1/4 cup ground flaxseed

2 eggs

1/2 cup brown sugar

1/4 cup honey

1/2 cup unsweetened applesauce

1/4 cup olive oil

3/4 teaspoon almond extract

2 cups shredded carrots (about 4 carrots)

2/3 cup raisins

Directions

Combine dry ingredients. In a different bowl, combine wet ingredients. Add carrots and raisins. Mix wet to dry ingredients until moist. Pour into a greased bread pan. Bake at 375 for about an hour.

Nutritional analysis per serving

Serving size: 1 (1/2-inch thick) slice

Calories	136	Sodium
Total fat	4 g	Total carbohydrate
Saturated fat	0.5 g	Dietary fiber
Trans fat	0 g	Sugars
Monounsaturated fat	2.5 g	Protein
Cholesterol	21 mg	

Fruit Salad

12 servings

Fruit Salad

- 1 large mango, peeled, diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 nectarines, unpeeled, sliced
- 1 kiwi fruit, peeled, sliced

Honey Orange Sauce

- $\frac{1}{3}$ cup unsweetened orange juice
- 2 Tbsp lemon juice
- 1 $\frac{1}{2}$ Tbsp honey
- $\frac{1}{4}$ tsp ground ginger
- 1 dash nutmeg

Prepare the fruit.

Combine all ingredients for sauce and mix.

Pour honey–orange sauce over fruit.

Serving Size: 4-oz cup

Each serving provides:

Calories: 96

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 4 mg

Total fiber: 3 g

Protein: 1 g

Carbohydrates: 24 g

Potassium: 302 mg

Trail mix

Ingredients

1/4 cup whole shelled (unpeeled)
almonds

1/4 cup unsalted dry-roasted peanuts

1/4 cup dried cranberries

1/4 cup chopped pitted dates

2 ounce dried apricots, or other dried
fruit

Per serving: 156 calories; 7 g fat (1
g sat , 4 g mono); 0 mg cholesterol; 21
g carbohydrates; 0 g added sugars; 4
g protein; 3 g fiber; 0 mg sodium; 247

mg potassium.

Smoothie

1 medium banana, peeled

1 orange, peeled

1 cup berries (I like to use 1/2 cup blueberries, 1/4 cup raspberries and 1/4 cup strawberries)

1/4 avocado, pitted

2 to 3 cups or large handfuls of fresh, baby spinach (or other leafy green)

1 tablespoon of ground flax seed

4 ounces of filtered water

Add liquid to blender then the soft fruit.

Add the greens to blender last. Blend on high for 30 seconds or until the smoothie

is creamy.

Nutrition Information

Calories: 334

Fat: 8g

Protein: 6g

Carbohydrates: 66g

Calcium: 17% Recommended Daily
Allowance (RDA)

Iron: 19% RDA

Vitamin A: 264% RDA

Vitamin C: 191% RDA

Dinner

Baked macaroni

Serves 6

Ingredients

- 1/2 pound extra-lean ground beef
- 1 small onion, diced, about 1/2 cup
- 1 box (7 ounces) whole-wheat elbow macaroni
- 1 jar (15 ounces) reduced-sodium spaghetti sauce
- 6 tablespoons parmesan cheese

Directions

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.

In a nonstick frying pan, cook ground beef and onion until the meat is browned and the onion is translucent. Drain well.

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

Add the cooked pasta and spaghetti sauce to the meat and onions. Stir to mix evenly. Spoon the mixture into the prepared baking dish. Bake until bubbly, about 25 to 35 minutes.

Nutritional analysis per serving

Calories	290	Sodium
Total fat	11 g	Total carbohydrate
Saturated fat	4 g	Dietary fiber
Monounsaturated fat	3 g	Protein
Cholesterol	29 mg	

Beef and vegetable kebabs

Serves 2

Ingredients

1/2 cup brown rice

2 cups water

4 ounces top sirloin (choice)

3 tablespoons fat-free Italian dressing

1 green pepper, seeded and cut into 4 pieces

4 cherry tomatoes

1 small onion, cut into 4 wedges

2 wooden skewers, soaked in water for 30 minutes, or metal skewers

Directions

In a saucepan over high heat, combine the rice and water. Bring to a boil.

Reduce the heat to low, cover and simmer until the water is absorbed and

the rice is tender, about 30 to 45 minutes. Add more water if necessary to keep the rice from drying out. Transfer to a small bowl to keep warm.

Cut the meat into 4 equal portions. Put the meat in a small bowl and pour Italian dressing over the top. Put in the refrigerator for at least 20 minutes to marinate, turning as needed.

Prepare a hot fire in a charcoal grill or heat a gas grill or a broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray.

Position the cooking rack 4 to 6 inches from the heat source.

Thread 2 cubes of meat, 2 green pepper slices, 2 cherry tomatoes and 2 onion wedges onto each skewer. Place the

kebabs on the grill rack or broiler pan. Grill or broil the kebabs for about 5 to 10 minutes, turning as needed.

Nutritional analysis per serving

Calories	330	Sodium
Total fat	5 g	Total carbohydrate
Saturated fat	2 g	Dietary fiber
Monounsaturated fat	2 g	Protein
Cholesterol	50 mg	

Broccoli cheddar bake

Serves 6

Ingredients

4 cups chopped fresh broccoli
1/2 cup finely chopped onion
2 tablespoons water
1 1/2 cups egg substitute
1 cup fat-free milk
1 cup shredded cheddar cheese
1/2 teaspoon ground black pepper

Directions

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.

In a nonstick skillet, combine the broccoli, onion and water. Sauté over medium-high heat until the vegetables are tender, about 5 to 8 minutes. Keep adding water to prevent the vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.

In a bowl, combine the egg substitute, milk and 3/4 cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.

Nutritional analysis per serving

Calories	168	Sodium
Total fat	9 g	Total carbohydrate

Saturated fat	4 g	Dietary fiber
Monounsaturated fat	2 g	Protein
Cholesterol	21 mg	

Cod with lemon and capers

Serves 4

Ingredients

4 cod fillets, each 6 ounces

2 lemons

1 teaspoon low-sodium chicken-flavored bouillon granules
1 cup hot tap water
1 tablespoon soft butter
1 tablespoon all-purpose (plain) flour
4 teaspoons capers, rinsed and drained

Directions

Preheat the oven to 350 F. Spray 4 squares of foil with cooking spray. Place 1 cod fillet on each of the foil squares. Cut 1 lemon in half. Squeeze the juice from the lemon half over the fish. Cut the other half of lemon into slices, place over the fish and seal the foil. Place in the oven and bake until the fish is opaque throughout when tested with the tip of a knife, about 20 minutes.

While the fish is cooking, remove the peel from the second lemon. Take care to cut only the peel and not the pith. Slice the peel into 1/4-inch-wide strips. Set aside.

In a small bowl, add the chicken bouillon granules and the hot tap water. Stir until the granules dissolve. Set aside.

Nutritional analysis per serving

Serving size: 1 fillet		
Calories	175	Sodium
Total fat	4 g	Total carbohydrate
Saturated fat	2 g	Dietary

		fiber
Monounsaturated fat	1 g	Protein
Cholesterol	105 mg	

Fettuccine with clams, basil, tomato, corn, and garlic

Serves 6

Ingredients

10 ounces uncooked fettuccine

2 tablespoons minced garlic

2 large tomatoes, seeded and chopped

2 cups corn kernels, fresh or frozen

1/2 cup white wine

1 tablespoon olive oil

4 tablespoons chopped fresh basil

2 cans (4 ounces each) clams, drained

1/4 teaspoon salt

Ground black pepper, to taste

Directions

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), about 8 minutes, or according to the package directions. Drain the pasta thoroughly.

In a large saucepan, add the garlic, tomatoes, corn, wine, olive oil and basil. Cover and bring to a boil, stirring

frequently. Reduce heat and add the clams and pasta. Toss gently to coat. Season with salt and pepper and serve immediately

Nutritional analysis per serving

Calories	320	Sodium
Total fat	4 g	Total carbohydrate
Saturated fat	< 1 g	Dietary fiber
Monounsaturated fat	2 g	Protein
Cholesterol	25 mg	

Fettuccine with Swiss chard and mushrooms

Serves 4

Ingredients

2 tablespoons olive oil

1/2 cup chopped shallots or green onions

2 garlic cloves, sliced

8 to 10 small mushrooms, sliced

1 pound Swiss chard, trimmed of stems, washed thoroughly and chopped into 1-inch pieces

6 ounces uncooked fettuccine

1/4 cup grated Parmesan cheese

1/4 teaspoon cracked black pepper

Directions

In a large skillet, heat the olive oil over medium heat. Add the shallots, garlic and mushrooms. Sauté the vegetables until tender, about 5 minutes. Add the Swiss chard, reduce heat and cover for about 3 minutes. Using tongs, turn the chard over so that uncooked leaves are on the bottom and wilted leaves are on top. Cover and cook until completely wilted, about another 3 minutes.

Fill a large pot 3/4 full with water and bring to boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain thoroughly, reserving 1/4 cup of the pasta water. Return the drained pasta to the pot. Add the Swiss chard mixture

and the reserved pasta water. Toss to mix evenly.

Divide the pasta onto warmed plates. Top each serving with 1 tablespoon parmesan cheese and cracked black pepper. Serve immediately

Nutritional analysis per serving

Calories	298	Sodium
Total fat	10 g	Total carbohydrate
Saturated fat	2 g	Dietary fiber
Monounsaturated fat	6 g	Protein
Cholesterol	4	

Grilled Portobello mushroom burgers

Ingredients

4 large Portobello mushroom caps, 5 inches in diameter
1/3 cup balsamic vinegar
1/2 cup water
1 tablespoon sugar
1 garlic clove, minced
1/4 teaspoon cayenne pepper, optional
2 tablespoons olive oil
4 whole-wheat buns, toasted
4 slices tomato
4 slices red onion

2 bibb lettuce leaves, halved

Directions

Clean mushrooms with a damp cloth and remove their stems. Place in a glass dish, stem (gill) side up.

To prepare the marinade, in a small bowl whisk together the vinegar, water, sugar, garlic, cayenne pepper and olive oil. Drizzle the marinade over the mushrooms. Cover and marinate in the refrigerator for about 1 hour, turning mushrooms once.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches

from the heat source.

Grill or broil the mushrooms on medium heat, turning often, until tender, about 5 minutes on each side. Baste with marinade to keep from drying out. Using tongs, transfer the mushrooms to a plate. Place each mushroom on a bun and top with 1 tomato slice, 1 onion slice and 1/2 lettuce leaf. Serve immediately.

Nutritional analysis per serving

Serving size: 1 Portobello mushroom		
Calories	283	Sodium
Total fat	9 g	Total carbohydrate
Saturated fat	1 g	Dietary

		fiber
Monounsaturated fat	5 g	Protein
Cholesterol	0 mg	

Pasta with spinach, garbanzos and raisins

Serves 6

Ingredients

8 ounces farfalle (bow tie) pasta

2 tablespoons olive oil

4 garlic cloves, crushed

1/2 can (19 ounces) garbanzos, rinsed and drained

1/2 cup unsalted chicken broth

1/2 cup golden raisins

4 cups fresh spinach, chopped

2 tablespoons Parmesan cheese

Cracked black peppercorns, to taste

Directions

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

In a large skillet, heat the olive oil and garlic over medium heat. Add the garbanzos and chicken broth. Stir until

warmed through. Add the raisins and spinach. Heat just until spinach is wilted, about 3 minutes. Don't overcook. Divide the pasta among the plates. Top each serving with 1/6 of the sauce, 1 teaspoon parmesan cheese and peppercorns to taste. Serve immediately.

Nutritional analysis per serving

Calories	347	Sodium
Total fat	7 g	Total carbohydrate
Saturated fat	1 g	Dietary fiber
Monounsaturated fat	4 g	Protein

Cholesterol	1
	mg

Polenta with fresh vegetables

Serves 4

Ingredients

1 cup coarsely ground cornmeal
(polenta)

4 cups water

1 teaspoon garlic, chopped

1 cup sliced fresh mushrooms

1 cup sliced onions

1 cup broccoli florets

1 cup sliced zucchini

2 tablespoons grated Parmesan cheese

Chopped fresh oregano, basil or rosemary, to taste

Directions

Preheat the oven to 350 F. Lightly coat a 3-quart ovenproof dish with cooking spray.

Combine the polenta, water and garlic in the prepared dish. Bake uncovered until the polenta pulls away from the side of the baking dish, about 40 minutes. The polenta should be moist.

While the polenta is cooking, spray a nonstick frying pan with cooking spray. Add the mushrooms and onions. Sauté over medium heat until the vegetables are tender, about 5 minutes.

In a pot fitted with a steamer basket,

bring 1 inch of water to a boil. Add the broccoli and zucchini. Cover and steam until tender-crisp, 2 to 3 minutes.

When the polenta is done, top with the cooked vegetables. Sprinkle with parmesan cheese and herbs to taste. Serve immediately.

Nutritional analysis per serving

Calories	151	Sodium
Total fat	1 g	Total carbohydrate
Saturated fat	trace	Dietary fiber
Monounsaturated fat	0.5 g	Protein

Cholesterol	2 mg
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Dessert

Peach crumble

Serves 8

Ingredients

8 ripe peaches, peeled, pitted and sliced

Juice from 1 lemon

1/3 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/2 cup whole-wheat (whole-meal) flour

1/4 cup packed dark brown sugar

2 tablespoons trans-free margarine, cut
into thin slices

1/4 cup quick cooking oats

Directions

Preheat the oven to 375 F. Lightly coat a 9-inch pie pan with cooking spray.

Arrange peach slices in the prepared pie plate. Sprinkle with lemon juice, cinnamon and nutmeg.

In a small bowl, whisk together flour and brown sugar. With your fingers, crumble the margarine into the flour-sugar mixture. Add the oats and stir to mix evenly. Sprinkle the flour mixture on top of the peaches.

Bake until peaches are soft and the topping is browned, about 30 minutes. Cut into 8 even slices and serve warm.

Nutritional analysis per serving

Serving size: 1 slice

Calories

140

Sodium

Total fat

3 g

Total
carbohydrate

Saturated fat

trace

Dietary
fiberMonounsaturated
fat

1 g

Protein

Cholesterol

0 mg

**Grapes and walnuts with lemon sour
cream sauce**

Serves 6

Ingredients

1/2 cup fat-free sour cream
2 tablespoons powdered sugar
1/2 teaspoon lemon zest
1/2 teaspoon lemon juice
1/8 teaspoon vanilla extract
1 1/2 cups red seedless grapes
1 1/2 cups green seedless grapes
3 tablespoons chopped walnuts

Directions

In a small bowl, combine sour cream, powdered sugar, lemon zest, lemon juice and vanilla. Whisk to mix evenly. Cover and chill for several hours.

Divide grapes equally among six stemmed dessert glasses or bowls. Add 2 tablespoons of the lemon topping to

each dish. Sprinkle each serving with 1/2 tablespoon of chopped walnuts. Serve immediately.

Nutritional analysis per serving

Calories	110	Sodium
Total fat	2 g	Total carbohydrate
Saturated fat	< 1 g	Dietary fiber
Monounsaturated fat	1 g	Protein
Cholesterol	2 mg	

Baked apples with cherries and almonds

Serves 6

Ingredients

1/3 cup dried cherries, coarsely chopped

3 tablespoons chopped almonds

1 tablespoon wheat germ

1 tablespoon firmly packed brown sugar

1/2 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

6 small Golden Delicious apples, about

1 3/4 pounds total weight

1/2 cup apple juice

1/4 cup water

2 tablespoons dark honey

2 teaspoons walnut oil or canola oil

Directions

Preheat the oven to 350 F.

In a small bowl, toss together the cherries, almonds, wheat germ, brown sugar, cinnamon and nutmeg until all the ingredients are evenly distributed. Set aside.

The apples can be left unpeeled, if you like. To peel the apples in a decorative fashion, with a vegetable peeler or a sharp knife, remove the peel from each apple in a circular motion, skipping every other row so that rows of peel alternate with rows of apple flesh. Working from the stem end, core each

apple, stopping $\frac{3}{4}$ inch from the bottom.

Divide the cherry mixture evenly among the apples, pressing the mixture gently into each cavity. Arrange the apples upright in a heavy ovenproof frying pan or small baking dish just large enough to hold them. Pour the apple juice and water into the pan. Drizzle the honey and oil evenly over the apples, and cover the pan snugly with aluminum foil. Bake until the apples are tender when pierced with a knife, 50 to 60 minutes.

Transfer the apples to individual plates and drizzle with the pan juices. Serve warm or at room temperature.

Nutritional analysis per serving

Serving size: 1 apple

Calories	179	Sodium
Total fat	4 g	Total carbohydrate
Saturated fat	0 g	Dietary fiber
Monounsaturated fat	2 g	Protein
Cholesterol	0 mg	

Zucchini bread**Ingredients**

6 egg whites

1/4 cup canola oil
1/2 cup unsweetened applesauce
1/2 cup sugar
2 teaspoons vanilla extract
1 1/4 cups all-purpose (plain) flour
1 1/4 cups whole-wheat (whole-meal)
flour
1 teaspoon baking powder
1 teaspoon baking soda
3 teaspoons ground cinnamon
2 cups shredded zucchini
1/2 cup chopped walnuts
1 1/2 cups crushed, unsweetened
pineapple
1/2 cup raisins

Directions

Preheat the oven to 350 F. Lightly coat

two 9-by-5-inch loaf pans with cooking spray.

In a large bowl, add the egg whites, canola oil, applesauce, sugar and vanilla. Using an electric mixer, beat the mixture on low speed until thick and foamy.

In a small bowl, stir together the flours. Set 1/2 cup aside. Add the baking powder, baking soda and cinnamon to the small bowl of flour.

Add the flour mixture to the egg white mixture and using the electric mixer on medium speed. Beat until well blended. Add the zucchini, walnuts, pineapple and raisins and stir until combined. Adjust consistency of the batter with the remaining 1/2 cup flour, adding 1

tablespoon at a time. The batter should be thick and not runny.

Pour 1/2 of the batter into each prepared pan. Bake until a toothpick inserted into the center of the loaves comes out clean, about 50 minutes. Let the bread cool in the pans on a wire rack for 10 minutes. Turn the loaves out of the pans onto the rack and let cool completely. Cut each loaf into 9 1-inch slices and serve.

Nutritional analysis per serving		
Serving size: 1 slice		
Calories	173	Sodium
Total fat	5 g	Total carbohydrate

Saturated fat	0.5 g	Dietary fiber
Monounsaturated fat	2 g	Protein
Cholesterol	0 mg	

Fruit salsa 'n' sweet chips

Serves 10

Ingredients

For tortilla crisps:

8 whole-wheat tortillas

1 tablespoon sugar

1/2 tablespoon cinnamon

For fruit salsa:

3 cups diced fresh fruit, such as apples, oranges, kiwi, strawberries, grapes or other fresh fruit

2 tablespoons sugar-free jam, any flavor

1 tablespoon honey or agave nectar

2 tablespoons orange juice

Directions

Preheat oven to 350 F. Cut each tortilla into 10 wedges. Lay pieces on two baking sheets. Make sure they aren't overlapping. Spray the tortilla pieces with cooking spray.

In a small bowl, combine sugar and cinnamon. Sprinkle evenly over the tortilla wedges. Bake for 10-12 minutes or until the pieces are crisp. Place on a

cooling rack and let cool.

Cut the fruit into cubes. Gently mix the fruit together in a mixing bowl. In another bowl, whisk together jam, honey and orange juice. Pour this over the diced fruit. Mix gently. Cover the bowl with plastic wrap and refrigerate for 2 to 3 hours.

Serve as a dip or topping for the cinnamon tortilla chips.

Nutritional analysis per serving

Serving size: About 8 chips and 1/3 cup		
Calories	119	Sodium
Total fat	3 g	Total carbohydrate

Saturated fat	trace	Dietary fiber
Trans fat	0	Sugars
Monounsaturated fat	trace	Protein
Cholesterol	0	

*Some recipes came from the Mayo Clinic.

CONCLUSION

From this DASH diet report you should have gained the knowledge that you will need in order to get you well on your way to starting the DASH diet. It is a simple and clear plan that will increase your health, lengthen your life, and give you greater stamina and strength.

Don't hesitate to begin the diet today. If you need additional support, join or start a local DASH diet support group in your community to share recipes, exercise together, and give general support.

Making changes can be difficult, but it really isn't as difficult as it seems. It is all in your frame of mind. So when embarking the DASH diet, know that you are dedicating yourself to an excellent diet plan that you CAN DO. You can do it!

BIOGRAPHY

Thomas Madison received a BS with honors from McGill University and then attended the University of Sherbrooke Medical School. Following his surgical training at the University of Montreal, he completed a two-year fellowship in Surgical Nutrition and Metabolism at the Brown University School of Medicine in Rhode Island. In 1968, he joined the faculty of the

University of Montreal and was also appointed as an adjunct professor of surgery at McGill University. During the early 1970s, he established a national reputation in advanced laparoscopic techniques and was a co-author on important contributions to the surgical literature on hernia repair, splenectomies, adrenalectomies and surgical robotics. In 2003, he moved to Weill Cornell Medical College and in 2005 he was appointed as Frank Glen Faculty Scholar in Surgery.