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Mooving Notes





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TheDairyReport.com

NationalDairyCouncil.org

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A Little DASH to Lower Blood Pressure

It is estimated that one in three American adults have hypertension and almost 30 percent have pre-hypertension -- putting them at increased risk for a heart attack, heart failure, stroke, and kidney disease. The Dietary Approaches to Stop Hypertension (DASH) eating plan, a balanced eating plan that includes two to three servings of dairy foods and eight to ten servings of fruits and vegetables, may help lower blood pressure.



The Research

A U.S. government-sponsored study demonstrated that consuming a diet containing three servings/day of mainly low-fat dairy foods, eight to 10 servings/day of fruits and vegetables, and low in total and saturated fat (i.e., the DASH diet) substantially and quickly (as early as two weeks) reduced adults' blood pressure. Researchers estimate that if similar reductions in blood pressure were observed in all Americans, coronary heart disease could be reduced by 15% and stroke by 27%.

The Nutrients

- A trio of minerals – calcium, potassium and magnesium – all found in dairy foods may play an important role in maintaining blood pressure. The DASH diet is rich in calcium, potassium and magnesium containing about two to three times the amounts most Americans get. A

research review concluded that increasing dietary calcium intakes may help reduce high blood pressure.

- Research shows that lowering the sodium level in the DASH eating plan can enhance its ability to lower blood pressure even more. Other studies have shown that the DASH eating plan can also reduce LDL (“bad”) cholesterol, further decreasing heart disease risk. The DASH eating plan was also shown to benefit bone health.

The DASH Eating Plan

- Milk & Dairy: 2-3 servings per day (8 oz. low-fat milk, 1 cup low-fat yogurt, 1.5 oz. low-fat cheese)
- Fruits: 4-5 servings per day (1 medium fruit, ¼ cup dried fruit, ½ cup frozen or canned fruit, 6 oz. fruit juice)
- Vegetables: 4-5 servings per day (1 cup raw leafy vegetables, ½ cup cooked vegetables, 6 oz. vegetable juice)
- Grain: 7-8 servings per day (1 slice bread, ½ cup dry or hot cereal, ½ cup cooked rice or pasta)
- Meat, Fish & Poultry: 2 or less servings per day (3 oz. cooked meat, poultry or fish)
- Nuts, Seeds & Dried Beans: 4-5 servings per week (1/3 cup nuts, 2 tbsp seeds, ½ cup cooked dried beans)

Notable News

The latest in dairy resources and research

Check out the new Lactose Intolerant Website:
EatConfidentlywithLI.org for shopping tips,
entertaining ideas, recipes and more!



9360 Castlegate Drive, Indianapolis, IN 46256 317.842.3060 WinnersDrinkMilk.com