

- Eat salt-free nuts and legumes every day.



- Provide 55% of daily calories from carbohydrates.



- Eat wheat-containing foods such as flour and macaroni.



An the last recommendations ...

1. Pay attention to labels of food products. If “hydrogenated” or “semi-hydrogenated” are printed on the label, avoid buying the product. These products contain saturated and trans fatty acids.
2. Limit fried or processed foods.
3. Limit saturated fat-containing foods such as egg yolk, cheese, milk, cream, ice cream, butter and fatty meat.
4. Try to choose the healthiest method for cooking (boiling, steam-cooking and etc.).
5. Eat foods containing high levels of fiber. Some instances of this type of food are: barley, bran, split pea, lentil, bean, sheep lung, sheep liver, brown rice.
6. Avoid fast-foods and pay attention to food products labels before buying them.



Mashhad University of Medical Sciences

School of Nursing and Midwifery

PATIENT TRAINING



Diet For People With High Blood Pressure

Javad Al Aeme Heart Hospital

Vakil Abad Blvd - Honarestan St.

Tel : +9851-38816010 (10 line)

www.jhosp.com

Dear patient

We hope that after reading this pamphlet, you change your diet and prevent the side effects of hypertension.

Have You Ever Encountered the Term “DASH”?

“DASH” stands for Dietary

Approaches to Stop Hypertension.



DASH is constituted of the following items:

- Limiting salt, saturated fat, cholesterol and fats intake.
- Emphasizing on eating fruits, vegetables, fat-free or low-fat milk and dairy products.
- Eating all types of legumes, fish,

- Limiting red meat, confectionary products, soft drinks, sugar or other sweetening additives.
- Intake of high levels of potassium, magnesium, calcium and fiber.



If you suffer from kidney diseases, consult with your doctor about eating great amounts of potassium-containing foods.

After you start DASH diet, low-density lipoprotein (LDL) level and cholesterol will decrease and consequently, risk of cardiovascular diseases is reduced.

DEAR PATIENT, PAY ATTENTION TO THE FOLLOWING TIPS:

- Eat fresh fruits and vegetables, every day, since they are rich in potassium, fiber and/ or both.
- Limit saturated fats and total fats of foods to less than 6% and 27% of daily calories, respectively. Low-fat dairy products are useful in reducing systolic blood pressure.
- When choosing the proper types of fats, prefer unsaturated oils such as olive- or canola oils.



- Get moderate amounts of protein, no more or less (less than 18% of daily calories). Fish, skin-pilled poultry and soybean are the best resources of protein.

