

If you want to follow the recommended DASH plan, here is an overview:

Food group	Number of servings	What is one serving?
<b>DAILY SERVINGS</b>		
Milk products	2-3	<ul style="list-style-type: none"> <li>1 cup low-fat milk</li> <li>1 cup yogurt</li> <li>1.5 ounces cheese</li> </ul>
Grains	6-8	<ul style="list-style-type: none"> <li>½ cup cooked grain</li> <li>1 slice bread</li> <li>30 grams cereal</li> </ul>
Meat, fish, poultry	6 or less	<ul style="list-style-type: none"> <li>1 ounce cooked meat, fish or poultry</li> <li>1 egg</li> </ul>
Vegetables	4-5	<ul style="list-style-type: none"> <li>1 cup raw leafy greens</li> <li>½ cup any cooked vegetables</li> </ul>
Fruit	4-5	<ul style="list-style-type: none"> <li>1 medium fruit</li> <li>½ cup cut fruit</li> <li>¼ cup dried fruit</li> </ul>
Fats and oils	2-3	<ul style="list-style-type: none"> <li>1 tsp oil, butter or salad dressing</li> </ul>
<b>WEEKLY SERVINGS</b>		
Nuts, seeds and legumes	4-5	<ul style="list-style-type: none"> <li>2 tbsp nut butter</li> <li>½ cup cooked legumes</li> <li>1.5 ounces nuts or seeds</li> </ul>
Sweets	5 or less	<ul style="list-style-type: none"> <li>1 tbsp sugar</li> </ul>

**MAKE SURE TO GET YOUR BLOOD PRESSURE CHECKED REGULARLY. HERE ARE SOME HELPFUL TIPS TO PREVENT OR MANAGE HIGH BLOOD PRESSURE:**

- Follow a healthy eating pattern such as DASH
- Enjoy 2-3 servings of milk products per day, such as milk, cheese or yogurt
- Eat 10 servings of vegetables and fruits per day
- Reduce sodium levels
- Be physically active for at least 2 hours and 30 minutes per week
- If you drink alcoholic beverages, do so in moderation
- If you smoke, take steps to quit
- Follow advice from your healthcare provider

The original DASH studies focused on low-fat milk as part of the eating pattern. A 2016 study found that a higher-fat DASH plan, which replaced low-fat milk products with full-fat milk products, was able to lower blood pressure as much as the original DASH plan.<sup>8</sup> Ask your health care provider what will work best for you.

References available at: [milk.org/Health-and-Nutrition/Health-Care-Professionals](http://milk.org/Health-and-Nutrition/Health-Care-Professionals)

# MILK AND BLOOD PRESSURE: what's the connection?

Did you know that diet and lifestyle play a role in managing blood pressure? About 7.5 million Canadians live with hypertension, a risk factor for heart disease.<sup>1</sup> Lifestyle interventions can help manage blood pressure.<sup>2</sup> Learn how a healthy diet that includes milk can help lower blood pressure levels.

What do your blood pressure readings mean? Heart & Stroke says:

Low risk	Less than 120 80
Medium risk	121 to 134 80 to 84
High Risk	More than 135+ 85+

Blood pressure numbers are measured in mmHg



For more information, visit [milk.org](http://milk.org).



# MILK'S ROLE IN MANAGING HYPERTENSION

High blood pressure is also known as hypertension. Blood pumps through your arteries with every heartbeat. The force of blood on your artery walls is measured as blood pressure. If the force is too high, it's called high blood pressure or hypertension.<sup>3</sup>

Most of the time, high blood pressure does not have any symptoms. It's important to get your blood pressure checked so you know if it's too high.<sup>4</sup> If left untreated, high blood pressure increases your risk for heart disease and stroke.<sup>5</sup>

Diet can play a role in managing hypertension. Dietary patterns that are lower in sodium but higher in fibre, potassium, calcium, magnesium and protein can help manage high blood pressure.



Milk contains blood pressure-lowering nutrients:

- Potassium
- Magnesium
- Calcium
- Protein

There are many proposed mechanisms by which these nutrients help lower blood pressure, including helping blood vessel walls relax.

The most popular dietary pattern for managing high blood pressure is *Dietary Approaches to Stop Hypertension* (DASH). It's an evidence-based eating pattern and is shown to lower blood pressure levels and reduce the risk of developing heart disease.<sup>6</sup>

The combination of foods in the DASH eating pattern can decrease systolic blood pressure by about 6 to 11 mm Hg.<sup>7</sup> DASH is lower in sodium, saturated and trans fats, and richer in potassium, calcium, magnesium, fibre, and protein compared to the average North American diet.



<sup>1</sup> Hypertension Canada. <https://hypertension.ca/about-us>

<sup>2</sup> Statistics Canada. <https://www150.statcan.gc.ca/n1/pub/82-625-x/2021001/article/00001-eng.htm>

<sup>3</sup> Hypertension Canada. [https://hypertension.ca/wp-content/uploads/2020/10/2020-22-HT-Guidelines-E-WEB\\_v3b.pdf](https://hypertension.ca/wp-content/uploads/2020/10/2020-22-HT-Guidelines-E-WEB_v3b.pdf)

<sup>4</sup> Hypertension Canada. Hypertension Clinical Practice Guidelines. <https://hypertension.ca/>

<sup>5</sup> Challa, H. DASH Diet to Stop Hypertension. May 2021. (book). <https://www.ncbi.nlm.nih.gov/books/NBK482514/>

<sup>6</sup> US National Heart, Lung and Blood Institute. Guide to Lowering your blood pressure with DASH. [https://www.nhlbi.nih.gov/files/docs/public/heart/dash\\_brief.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf)

<sup>7</sup> NIH. DASH Eating Plan. <https://www.nhlbi.nih.gov/education/dash-eating-plan>

<sup>8</sup> US National Heart, Lung and Blood Institute. Following the Dash Eating Plan. <https://www.nhlbi.nih.gov/education/dash/following-dash>