Start a DASH or Mediterranean plan

Use these steps to pick and start the diet that fits your health goal.

- [ ] Choose DASH first when lowering high blood pressure is the main goal.
- [ ] Keep sodium at 2,300 mg a day, or 1,500 mg if your doctor advises it.
- [ ] Fill most of your plate with vegetables, fruit, whole grains and legumes.
- [ ] Use olive oil as your main cooking fat in sensible portions.
- [ ] Pick fish and poultry more often than red meat.
- [ ] Choose 2 to 3 servings of low-fat dairy a day on DASH.
- [ ] Check your blood pressure at home and track the readings.
- [ ] Keep taking blood pressure medicine unless your doctor changes it.

Notes

For general education only. Not a substitute for professional medical advice.