



## Nutrition Nibbles

### DASH to Health

What if there was a way of eating that could lower high blood pressure, reduce risk of kidney stones, protect against osteoporosis, lower cancer risk, guard against heart disease and stroke, and help control diabetes? Would you be interested? Good news! The DASH diet, which stands for Dietary Approaches to Stop Hypertension (or high blood pressure), can do just that.

Where did the DASH diet come from? Originally a study designed by the National Heart, Lung, and Blood Institute, the DASH way of eating became the gold standard for lowering blood pressure 8 to 14 points without medication. Even better results were found when combining the DASH diet with a low sodium plan. Along the way, extra health benefits ranging from kidney stone protection to cancer prevention were linked to this eating style.

What exactly is the DASH diet? It is a varied eating plan that includes plenty of whole grains, fruits, vegetables, and low-fat (1% or fat free) dairy. Smaller amounts of fish, poultry and legumes are included. Red meat, sweets, and added

fats are de-emphasized. The DASH diet ends up being low in saturated fat, cholesterol, total fat and sodium, while rich in protein, fiber and heart-healthy magnesium, potassium and calcium.

Here's the basic breakdown of the DASH diet daily recommended food groups and servings for someone on a 2000 calorie plan:

Recommended Daily Servings:	A Serving Is:
6-8 Whole Grain Servings	1 slice bread 1 oz cereal 1/2 cup cooked grains
4-5 Vegetable Servings	1 cup leafy greens 1/2 cup raw or cooked
4-5 Fruit Servings	1 medium piece 1/2 cup fresh, frozen, canned 1/4 cup dried
2-3 Fat Free or Low Fat (1%) Dairy Servings	1 cup milk or yogurt 1 1/2 oz cheese
6 or Less Lean Meat, Poultry, Fish Servings	1 oz cooked meat, poultry, fish 1 egg
4-5 Servings per Week Nuts, Seeds, Legumes	1/3 cup nuts (1 1/2 oz) 2 Tbsp peanut butter 2 Tbsp seeds (1/2 oz) 1/2 cup cooked legumes (dried beans and peas)

### College Corner: Eating for Energy

Low energy? Tired all the time? Take a closer look at how and when you fuel your body. Study these energy-boosting suggestions...

No doubt many of you have reached a point in the school year where all you can think of is how fatigued you are. Have you lost your "get-up-and-go"? Do you think your diet may play a part in your power-sapping state? It very well could be. Read on for ways to maximize your energy levels while minimizing potential binges and cravings:

- Include the 3 main nutrient groups (carbs, protein, and heart-healthy fats) at every meal and snack. Skipping out on one or more nutrient groups will short-change the staying power and satisfaction of your meal or snack.
- Start your day with breakfast (gosh, that keeps coming up! Well, it's important, that's why! See last month's newsletter for more info).
- Eat regularly throughout

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## DASH to Health continued...

2-3 Fat and Oil Servings	1 tsp trans fat free margarine 1 tsp olive or canola oil 2 Tbsp salad dressing 1 Tbsp mayonnaise
5 or Less Servings Per Week Sweets and Added Sugars	1 Tbsp sugar 1 Tbsp jelly or jam 1/2 cup sorbet or jello 1 cup lemonade

To maximize your body's health benefits, strive to keep your daily sodium intake to 1500-2300 milligrams. One teaspoon of table salt is the equivalent of 2300 milligrams of sodium and 2/3 teaspoon equals about 1500 milligrams. If using nutrition labels to tally your daily sodium, aim for 400-600 milligrams per meal, which will leave you with a little extra sodium for snack-time.

How can you keep a lid on your sodium intake? Generally, the less processed the food you eat, the lower your sodium intake will be. Focusing on fresh fruits, vegetables, protein, unseasoned grains, and plain low fat dairy will help keep your sodium in check...so will label reading. When grocery shopping, look for "unsalted," "no added salt,"

"low sodium," and "very low sodium" on the label, then turn the product over and check out the sodium milligrams to see if the food will fit into your plan. Limit your intake of cured meats, sodium-laden condiments (think ketchup and soy sauce), and brined foods like pickles. Don't cook with salt; instead flavor your foods with a salt substitute like Mrs. Dash or other salt-free herbs and spices. You can also remove some of the sodium in your favorite canned foods by rinsing them in water before cooking or eating.

### Did you know?

According to RAND Health research, Americans cumulatively could save \$18 billion each year by keeping their sodium intake to the recommended 2300 milligrams daily, which would result in lower rates of hypertension, heart disease, and stroke. The average American consumes about 4000 milligrams sodium each day!

Consider incorporating a lower sodium, DASH style of eating into your lifestyle and race your way to a healthier you!

For more info on the DASH diet:  
[http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)

## College Corner continued...

the day (every 3-5 hours, based on hunger). This keeps you from getting so ravenous that you can't make wise food choices, cuts down on binges and cravings, and keeps your energy levels constant.

- **Keep your caffeine intake to a minimum.** Caffeine boosts your energy in the short-term but leaves you feeling less energetic over the long-haul. Try cutting back slowly so as to avoid the "caffeine hangover." (You know, that nasty headache and crankiness that occurs when you try to quit cold-turkey?)
- **Stay well-hydrated.** Water is the best way to nourish your cells. Sip on it frequently throughout the day and note how much better you feel.

**Not convinced?** See your dietitian to create a personalized, power-boosting plan!

## Favorite Food

Lots of people are curious about what dietitians eat when they are "off-duty." I have been and will continue to enjoy asparagus this spring. I love adding lightly steamed asparagus to a fresh salad, omelet, or quiche. Roasted asparagus makes for an easy and

fresh side dish. Simply, wash your asparagus, trim the ends and place on a nonstick cookie sheet. Drizzle a little olive oil and sprinkle a little salt and pepper on them. Place in the oven at 400°F for 10 minutes. Squeeze a little fresh lemon juice on them before serving. Enjoy!