

## BOX 4

## DASH Eating Plan— Number of Daily Servings for Other Calorie Levels

Food Groups	Servings/Day		
	1,600 calories/day	2,600 calories/day	3,100 calories/day
Grains*	6	10–11	12–13
Vegetables	3–4	5–6	6
Fruits	4	5–6	6
Fat-free or low-fat milk and milk products	2–3	3	3–4
Lean meats, poultry, and fish	3–6	6	6–9
Nuts, seeds, and legumes	3/week	1	1
Fats and oils	2	3	4
Sweets and added sugars	0	≤2	≤2

\* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

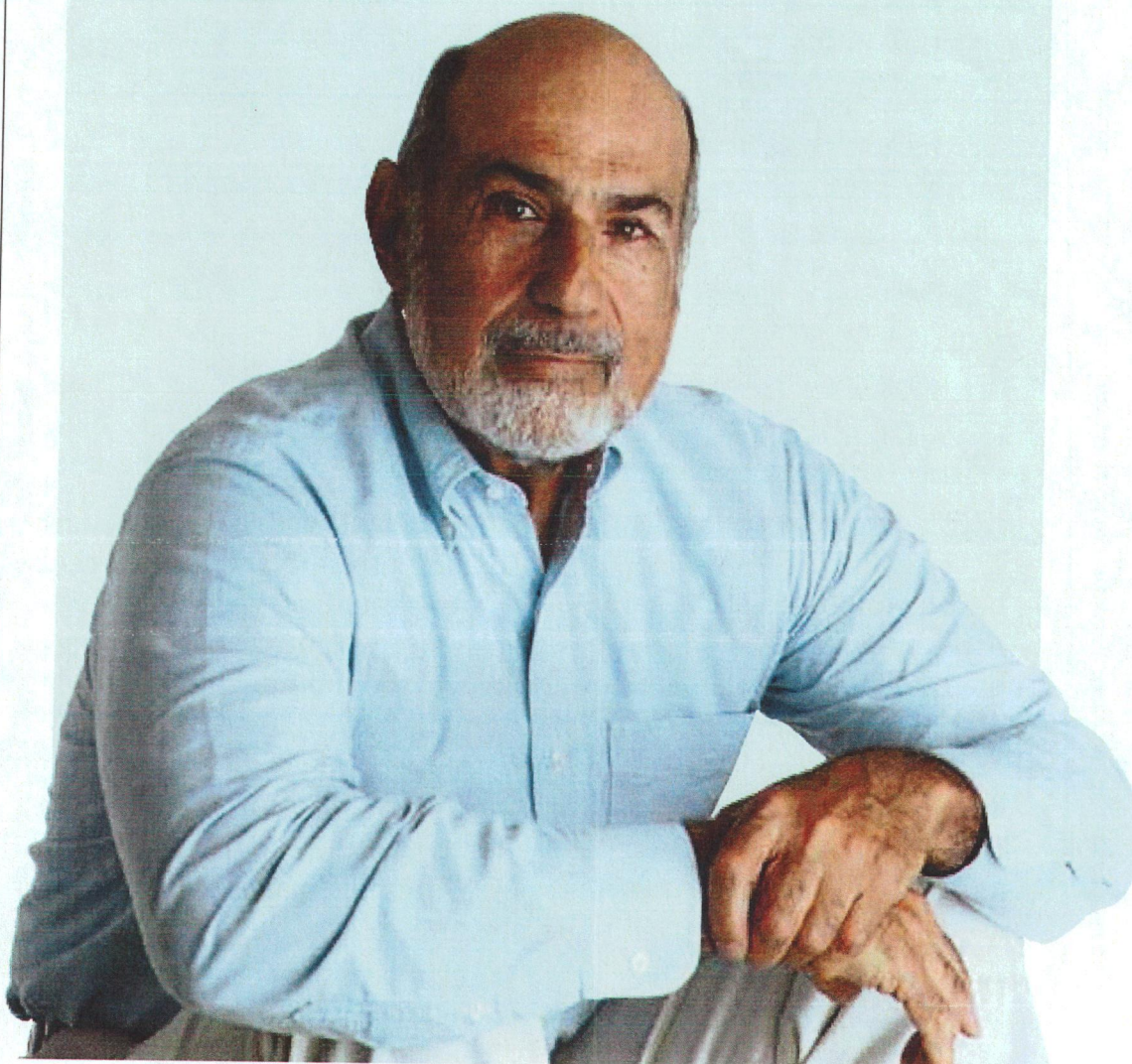
If you need to lose weight, even a small weight loss will help to lower your risks of developing high blood pressure and other serious health conditions. At the very least, you should not gain weight. A recent study showed that people can lose weight while following the DASH eating plan and lowering their sodium intake. In a study of 810 participants, one-third were taught how to lower their sodium intake and follow the DASH eating plan on their own. Most of them needed to lose weight as well. They followed the DASH eating plan at lower calorie levels and they increased their physical activity. Over the course of 18 months, participants lost weight and improved their blood pressure control.



## BOX 9

## Reducing Salt and Sodium When Eating Out

- Ask how foods are prepared. Ask that they be prepared without added salt, MSG, or salt-containing ingredients. Most restaurants are willing to accommodate requests.
- Know the terms that indicate high sodium content: pickled, cured, smoked, soy sauce, broth.
- Move the salt shaker away.
- Limit condiments, such as mustard, ketchup, pickles, and sauces with salt-containing ingredients.
- Choose fruit or vegetables, instead of salty snack foods.





## BOX 7

## Where's the Sodium?

Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing. The table below gives examples of sodium in some foods.

Food Groups	Sodium (mg)
<b>Whole and other grains and grain products*</b>	
Cooked cereal, rice, pasta, unsalted, 1/2 cup	0–5
Ready-to-eat cereal, 1 cup	0–360
Bread, 1 slice	110–175
<b>Vegetables</b>	
Fresh or frozen, cooked without salt, 1/2 cup	1–70
Canned or frozen with sauce, 1/2 cup	140–460
Tomato juice, canned, 1/2 cup	330
<b>Fruit</b>	
Fresh, frozen, canned, 1/2 cup	0–5
<b>Low-fat or fat-free milk and milk products</b>	
Milk, 1 cup	107
Yogurt, 1 cup	175
Natural cheeses, 1 1/2 oz	110–450
Process cheeses, 2 oz	600
<b>Nuts, seeds, and legumes</b>	
Peanuts, salted, 1/3 cup	120
Peanuts, unsalted, 1/3 cup	0–5
Beans, cooked from dried or frozen, without salt, 1/2 cup	0–5
Beans, canned, 1/2 cup	400
<b>Lean meats, fish, and poultry</b>	
Fresh meat, fish, poultry, 3 oz	30–90
Tuna canned, water pack, no salt added, 3 oz	35–45
Tuna canned, water pack, 3 oz	230–350
Ham, lean, roasted, 3 oz	1,020

\* Whole grains are recommended for most grain servings.



## BOX 8

## Tips To Reduce Salt and Sodium

- Choose low- or reduced-sodium, or no-salt-added versions of foods and condiments when available.
- Choose fresh, frozen, or canned (low-sodium or no-salt-added) vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed types.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce. Treat these condiments sparingly as you do table salt.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose “convenience” foods that are lower in sodium. Cut back on frozen dinners, mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings—these often have a lot of sodium.
- Rinse canned foods, such as tuna and canned beans, to remove some of the sodium.
- Use spices instead of salt. In cooking and at the table, flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends. Start by cutting salt in half.





# Recipes for Heart Health

Here are some recipes to help you cook up a week of tasty, heart healthy meals. If you're following the DASH eating plan at 1,500 milligrams of sodium per day or just want to reduce your sodium intake, use the suggested recipe changes.

## Day 1

### Chicken Salad

3 1/4	cups	chicken breast, cooked, cubed, and skinless
1/4	cup	celery, chopped
1	Tbsp	lemon juice
1/2	tsp	onion powder
1/8	tsp	salt*
3	Tbsp	mayonnaise, low-fat

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl combine rest of ingredients, add chilled chicken and mix well.

Makes 5 servings  
Serving Size: 3/4 cup  
Per Serving:

Calories	176	Carbohydrate	2 g
Total Fat	6 g	Calcium	16 mg
Saturated Fat	2 g	Magnesium	25 mg
Cholesterol	77 mg	Potassium	236 mg
Sodium	179 mg	Fiber	0 g
Protein	27 g		

\* To reduce sodium, omit the 1/8 tsp of added salt.  
New sodium content for each serving is 120 mg.



## Day 2

## Vegetarian Spaghetti Sauce

2	Tbsp	olive oil
2	small	onions, chopped
3	cloves	garlic, chopped
1 <sup>1/4</sup>	cups	zucchini, sliced
1	Tbsp	oregano, dried
1	Tbsp	basil, dried
1	8 oz can	tomato sauce
1	6 oz can	tomato paste*
2	medium	tomatoes, chopped
1	cup	water

1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

Makes 6 servings  
Serving Size:  $\frac{3}{4}$  cup  
Per Serving:

Calories	105	Carbohydrate	15 g
Total Fat	5 g	Calcium	49 mg
Saturated Fat	1 g	Magnesium	35 mg
Cholesterol	0 mg	Potassium	686 mg
Sodium	479 mg	Fiber	4 g
Protein	3 g		

\* To reduce sodium, use a 6-oz can of low-sodium tomato paste. New sodium content for each serving is 253 mg.



## Day 2

## Vinaigrette Salad Dressing

1	bulb	garlic, separated and peeled
1/2	cup	water
1	Tbsp	red wine vinegar
1/4	tsp	honey
1	Tbsp	virgin olive oil
1/4	tsp	black pepper

1. Place the garlic cloves into a small saucepan and pour enough water (about 1/2 cup) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Reduce the liquid to 2 Tbsp and increase the heat for 3 minutes.
4. Pour the contents into a small sieve over a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.
5. Whisk the vinegar into the garlic mixture; incorporate the oil and seasoning.

Makes 4 servings  
Serving Size: 2 Tbsp  
Per Serving:

Calories	33	Carbohydrate	1 g
Total Fat	3 g	Calcium	3 mg
Saturated Fat	1 g	Magnesium	1 mg
Cholesterol	0 mg	Potassium	6 mg
Sodium	1 mg	Fiber	0 g
Protein	0 g		





### Day 3

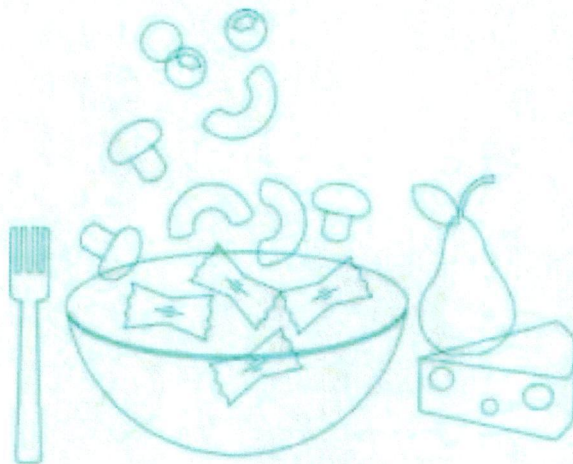
#### New Potato Salad

16	small	new potatoes (5 cups)
2	Tbsp	olive oil
1/4	cup	green onions, chopped
1/4	tsp	black pepper
1	tsp	dill weed, dried

1. Thoroughly clean potatoes with vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into quarters and mix with olive oil, onions, and spices.
5. Refrigerate until ready to serve.

Makes 5 servings  
Serving Size: 1 cup  
**Per Serving:**

Calories	196	Carbohydrate	34 g
Total Fat	6 g	Calcium	31 mg
Saturated Fat	1 g	Magnesium	46 mg
Cholesterol	0 mg	Potassium	861 mg
Sodium	17 mg	Fiber	4 g
Protein	4 g		





## Day 4

## Chicken and Spanish Rice

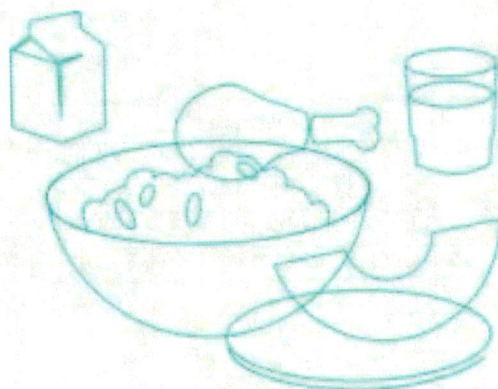
1	cup	onions, chopped
$\frac{3}{4}$	cup	green peppers
2	tsp	vegetable oil
1	8 oz can	tomato sauce*
1	tsp	parsley, chopped
$\frac{1}{2}$	tsp	black pepper
$1\frac{1}{4}$	tsp	garlic, minced
5	cups	cooked brown rice (cooked in unsalted water)
$3\frac{1}{2}$	cups	chicken breasts, cooked, skin and bone removed, and diced

1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken. Heat through.

Makes 5 servings  
 Serving Size:  $1\frac{1}{2}$  cup  
 Per Serving:

Calories	428	Carbohydrate	52 g
Total Fat	8 g	Calcium	50 mg
Saturated Fat	2 g	Magnesium	122 mg
Cholesterol	80 mg	Potassium	545 mg
Sodium	341 mg	Fiber	8 g
Protein	35 g		

\* To reduce sodium, use one 4-oz can of low-sodium tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 215 mg.





**Day 5****Tuna Salad**

- 2      6 oz cans    tuna, water pack  
 1/2     cup          raw celery, chopped  
 1/3     cup          green onions, chopped  
 6 1/2   Tbsp        mayonnaise, low-fat

1. Rinse and drain tuna for 5 minutes. Break apart with a fork.
2. Add celery, onion, and mayonnaise and mix well.

Makes 5 servings  
 Serving Size: 1/2 cup  
**Per Serving:**

Calories	138	Carbohydrate	2 g
Total Fat	7 g	Calcium	17 mg
Saturated Fat	1 g	Magnesium	19 mg
Cholesterol	25 mg	Potassium	198 mg
Sodium	171 mg	Fiber	0 g
Protein	16 g		

**Day 5****Turkey Meatloaf**

- 1      pound        lean ground turkey  
 1/2     cup          regular oats, dry  
 1      large        egg, whole  
 1      Tbsp        onion, dehydrated flakes  
 1/4     cup          ketchup\*

1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350 °F for 25 minutes or to an internal temperature of 165 °F.
3. Cut into five slices and serve.

Makes 5 servings  
 Serving Size: 1 slice (3 oz)  
**Per Serving:**

Calories	191	Carbohydrate	9 g
Total Fat	7 g	Calcium	24 mg
Saturated Fat	2 g	Magnesium	33 mg
Cholesterol	103 mg	Potassium	268 mg
Sodium	205 mg	Fiber	1 g
Protein	23 g		

\* To reduce sodium, use low-sodium ketchup.  
 New sodium content for each serving is 74 mg.



## Day 5

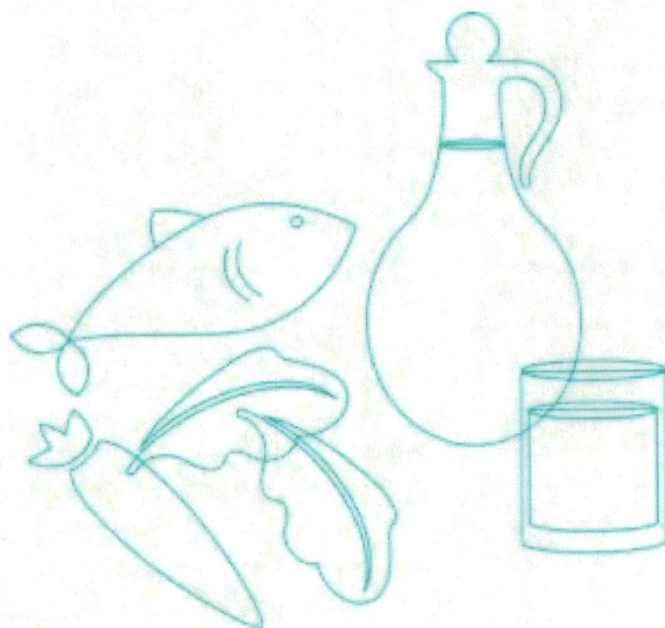
### Yogurt Salad Dressing

8	oz	plain yogurt, fat-free
1/4	cup	mayonnaise, low-fat
2	Tbsp	chives, dried
2	Tbsp	dill, dried
2	Tbsp	lemon juice

Mix all ingredients in bowl and refrigerate.

Makes 5 servings  
Serving Size: 2 Tbsp  
**Per Serving:**

Calories	39	Carbohydrate	4 g
Total Fat	2 g	Calcium	76 mg
Saturated Fat	0 g	Magnesium	10 mg
Cholesterol	3 mg	Potassium	110 mg
Sodium	66 mg	Fiber	0 g
Protein	2 g		





## Day 6

### Spicy Baked Fish

- 1 pound salmon (or other fish) fillet
- 1 Tbsp olive oil
- 1 tsp spicy seasoning, salt-free

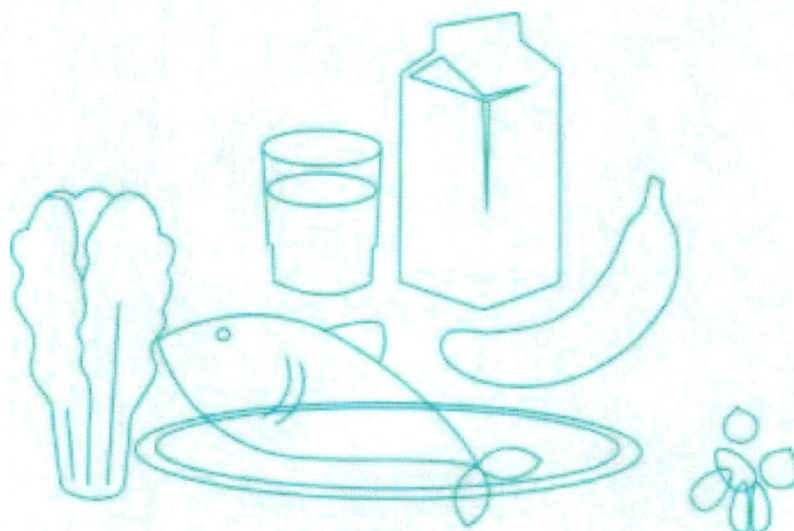
1. Preheat oven to 350 °F. Spray a casserole dish with cooking oil spray.
2. Wash and dry fish. Place in dish. Mix oil and seasoning and drizzle over fish.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice.

Makes 4 servings

Serving Size: 1 piece (3 oz)

**Per Serving:**

Calories	192	Carbohydrate	<1 g
Total Fat	11 g	Calcium	18 mg
Saturated Fat	2 g	Magnesium	34 mg
Cholesterol	63 mg	Potassium	560 mg
Sodium	50 mg	Fiber	0 g
Protein	23 g		





## Day 6

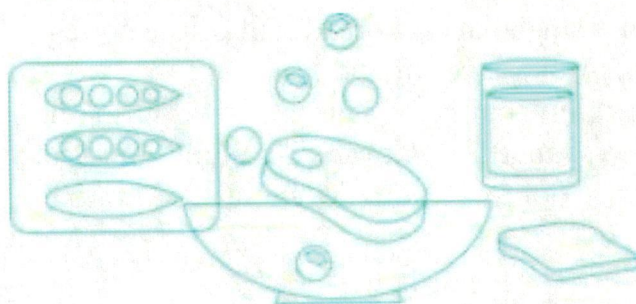
## Scallion Rice

- 4½ cups cooked brown rice (cooked in unsalted water)  
 1½ tsp bouillon granules, low sodium  
 ¼ cup scallions (green onions), chopped

1. Cook rice according to directions on the package.
2. Combine the cooked rice, scallions, and bouillon granules and mix well.
3. Measure 1-cup portions and serve.

Makes 5 servings  
 Serving Size: 1 cup  
**Per Serving:**

Calories	200	Carbohydrate	41 g
Total Fat	2 g	Calcium	23 mg
Saturated Fat	0 g	Magnesium	77 mg
Cholesterol	0 mg	Potassium	92 mg
Sodium	18 mg	Fiber	6 g
Protein	5 g		





## Day 7

## Zucchini Lasagna

1/2	pound	cooked lasagna noodles, cooked in unsalted water
3/4	cup	part-skim mozzarella cheese, grated
1 1/2	cups	cottage cheese,* fat-free
1/4	cup	Parmesan cheese, grated
1 1/2	cups	raw zucchini, sliced
2 1/2	cups	low-sodium tomato sauce
2	tsp	basil, dried
2	tsp	oregano, dried
1/4	cup	onion, chopped
1	clove	garlic
1/8	tsp	black pepper

1. Preheat oven to 350 °F. Lightly spray a 9- by 13-inch baking dish with vegetable oil spray.
2. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini.
5. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Makes 6 servings  
Serving Size: 1 piece  
**Per Serving:**

Calories	200	Carbohydrate	24 g
Total Fat	5 g	Calcium	310 mg
Saturated Fat	3 g	Magnesium	46 mg
Cholesterol	12 mg	Potassium	593 mg
Sodium	368 mg	Fiber	3 g
Protein	15 g		

\* To reduce sodium, use low-sodium cottage cheese.  
New sodium content for each serving is 165 mg.



**Want to learn more about high blood pressure? The following is a list of resources available at the Olean Public Library or online.**

### **Books**

616.132 G *Healthy eating for lower blood pressure: for the first time, a chef and a nutritionist have teamed up to inspire you with over 100 delicious recipes* by Paul Gayler

616.132 H *The DASH diet action plan: proven to lower blood pressure and cholesterol without medication* by Marla Heller

616.132 K *The blood pressure cure: 8 weeks to lower blood pressure without prescription drugs* by Robert Kowalski

616.132 R *Control high blood pressure without drugs: a complete hypertension handbook* by Robert L. Rowan

616.132 S *Lower your blood pressure in eight weeks: a revolutionary new program for a longer, healthier life* by Stephen T. Sinatra

616.132 W *Reversing hypertension: a vital new program to prevent, treat, and reduce high blood pressure* by Julian M. Whitaker

616.132 W *Hypertension: your questions answered* by Ian Wilkinson

### **Subjects to search for in the library catalog ([oleanlibrary.org](http://oleanlibrary.org))**

*You can expand your search by looking in the catalog under these subject headings in all of the libraries of the Chautauqua-Cattaraugus Library System. You can request a book be sent here from another library in the System.*

Hypertension

Hypertension – alternative treatment

Hypertension – diet therapy

Hypertension – popular works

Hypertension - prevention

### **Magazines:**

The following magazines are available in the library to check out (the current month's issue does not circulate, but you are free to look at it in the library):

*Healthy Aging*

*Men's Health*

*NIH MedlinePlus*

*Prevention*

*Self*



### **eMagazines:**

The following magazines are available on our Zinio platform. You can access these magazines by clicking on the Zinio link found on the library's webpage (oleanlibrary.org). You can download the magazine (including the current issue) and you never have to return it.

*Men's Health*  
*Prevention*  
*Women's Health*

### **Websites:**

*American Heart Association – High Blood Pressure*

[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure-or-Hypertension\\_UCM\\_002020\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/High-Blood-Pressure-or-Hypertension_UCM_002020_SubHomePage.jsp)

*Mayo Clinic – High Blood Pressure*

<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/basics/definition/con-20019580>

*National Heart, Lung, and Blood Institute – High Blood Pressure*

<http://www.nhlbi.nih.gov/health/health-topics/topics/hbp>

*10 Ways to Control High Blood Pressure Without Medication – Mayo Clinic*

<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974?pg=1>

*13 Ways to Lower Blood Pressure Naturally – Prevention Magazine*

<http://www.prevention.com/health/how-to-lower-blood-pressure-naturally>

*7 Fabulous Foods that Naturally Lower Blood Pressure*

<http://www.aarp.org/health/medical-research/info-04-2011/6-foods-fight-high-blood-pressure.html#slide1>