

Diet for patients with Hypertension

DASH Diet – Dietary Approaches to Stop Hypertension.

- **Fruits and Vegetables:** Aim for 4–5 servings of each per day.



- **Whole Grains:** Provide complex carbohydrates and fiber.



- **Low-Fat Dairy Products:** 2–3 servings per day.



- **Lean Proteins:** Include poultry, fish, legumes, and nuts. Limit red meat.



- **Healthy Fats:** Use olive oil or avocado oil. Limit seed oils and trans fats.



- **Nuts, Seeds, and Legumes:** 4–5 servings per week.



Examples of various Nuts & Seeds



Split pigeon peas (Toor/arhar dal)



Pink lentils (Masoor dal)



Split bengal gram (Chana dal)



Split, skinned green gram (Dhuli moong dal)



Split green gram with skin (Moong dal chilka)



Split, skinned black gram (Dhuli urad dal)



Split black gram with skin (Urad dal chikla)

Examples of various Legumes

Limit or Avoid:

- **Sodium (Salt):**

- Target less than **1,500–2,300 mg/day**.
- Avoid processed and packaged foods (soups, sauces, chips, fast food).



- **Sweets and Sugary Drinks:**

- Minimize desserts, sodas, and sweetened beverages.



LIMIT
foods and drinks with
high amounts of sugars:
sugary snacks, candies,
oriental sweets, and
sugar-sweetened beverages



Eat at least
5 portions
of fruits and
vegetables
a day

At least
400g

- **Alcohol:**

- Limit to **no more than 1 drink/day for women and 2 for men**.

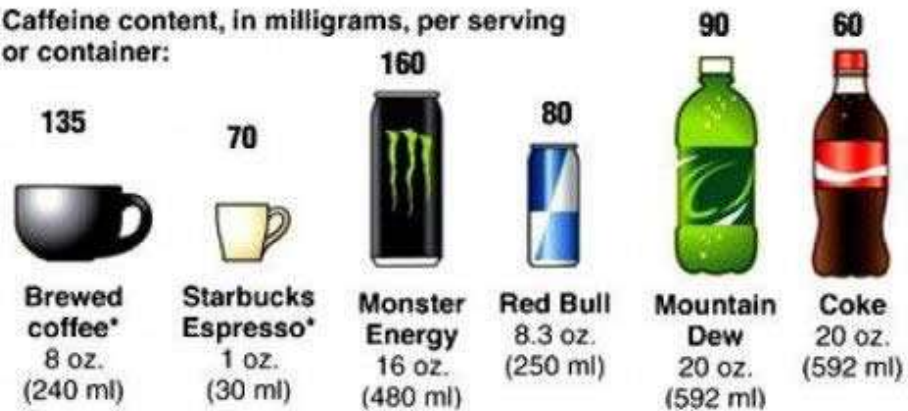


- **Caffeine (in excess):**
 - Monitor intake if **sensitive**, as it may temporarily raise BP.

Over the limit on caffeine

Moderate daily intake of caffeine (200 to 300 mg) normally is not harmful, but too much can cause negative health side effects.

Caffeine content, in milligrams, per serving or container:



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