The DASH Diet

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Grilled Salmon with Field Greens

Approximately one in every four American adults has high blood pressure, a condition that is especially dangerous because it often gives no warning signs. However, if you do have high blood pressure, there are steps you can take to lower it.

Scientists supported by the National Heart, Lung and Blood Institute (NHLBI) conducted a clinical study called DASH Dietary Approaches to Stop Hypertension and found that elevated blood pressures can be reduced with an eating plan low in saturated fats, total fat and cholesterol, and rich in fruits, vegetables and low-fat dairy foods.This plan is also rich in magnesium, potassium and calcium, as well as protein and fiber.

The DASH plan is a new way of eating for a lifetime and is just one of several lifestyle choices that help lower high blood pressure, including maintaining a healthy weight, physical activity, avoiding cigarettes, using alcohol in moderation and medication.

If you are interested in following the DASH plan, consult your physician first. And remember, when making a lifestyle change, start small, work gradually, be consistent, and don't give up.

Grilled Salmon with Field Greens tossed in Honey Herb Vinaigrette Honey Herb Vinaigrette Servings: 6 6 5-ounce salmon fillets 2 Tablespoons olive oil Pinch Mrs. Dash 18 ounces field greens 1 cucumber, sliced 1 red pepper, julienned 1 green pepper, julienned 2 tomatoes, sliced 1/2 red onion, sliced (optional) 1. Combine salmon fillets with oil and Mrs. Dash. 2. Sear fillet for 3 to 5 minutes on one side. Turn, and cook for 2 more minutes. 3. Transfer to a sheet pan and finish in a 350° oven, until the internal temperature of the fillet is 150°. 4. Let cool. Place field greens on plate. Place fillet on top, and place red and green peppers, cucumber, tomato slices and red onion around fillet. 5/8 cup olive oil 3 Tablespoons honey 3 Tablespoons red wine vinegar 1 Tablespoon garlic 1 Tablespoon oregano 1 Tablespoon Dijon mustard 1/2 cup red onion, minced 1. In a mixing bowl, combine the first 5 ingredients. 2. Slowly whip in the oil until well blended. 3. Add the red onion to the dressing. 4. Season to taste with Mrs. Dash. 5. Drizzle on salad. The DASH Eating Plan Recommendations (based on 2000 calories a day) Food Group Daily Serving Examples Grains and Grain Products, Cereal 7 - 8 1 slice bread, 1 cup dry cereal, 1/2 cup cooked rice, pasta or cereal Vegetables 4 - 5 1 cup raw vegetable 1/2 cup cooked vegetable 3/4 cup vegetable juice Fruits 4 - 5 3/4 cup fruit juice 1 medium fruit 1/2 cup frozen or canned fruit

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