

DASH Diet

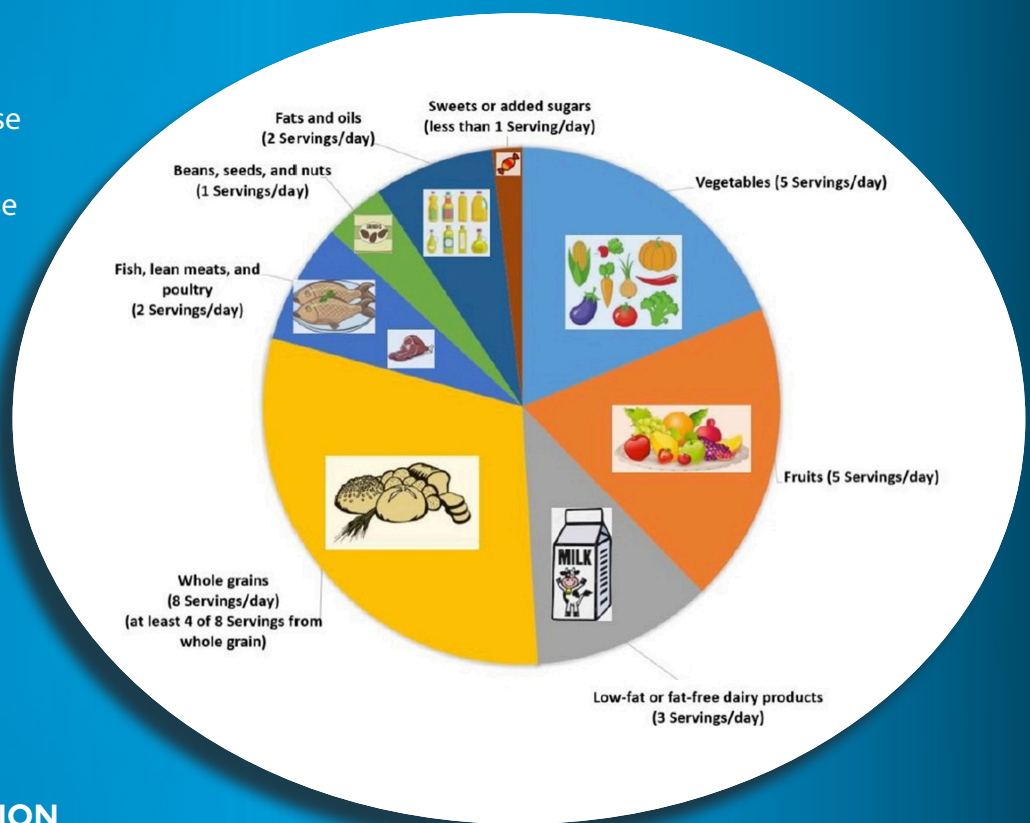
'DASH' stands for Dietary Approaches to Stop Hypertension'. It can lower your risk of heart attack and stroke all while helping you to lose weight.

THE BASICS:

If you have chronic kidney disease, high blood pressure, diabetes, are older than 50 or are African American, try to limit your sodium intake to less than 1500 mg per day. All others should limit their intake to less than 2300 mg of sodium per day

EXERCISE:

At least 30 minutes of moderate-intensity exercise most days of the week (about 2½ hours of exercise per week). Examples- Brisk walking, Bicycling, Yoga, Dancing, Golf, Hiking, Climbing Stairs



FOR MORE INFORMATION ON DASH DIET:

<http://medlineplus.gov/ency/patientinstructions/000770.htm>

MODERATE ACTIVITY:

https://www.cdc.gov/nccdphp/dnpa/physical/pdf/pa_intensity_table_2_1.pdf

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