

Menu proposal for employees
suffering from

Hypertension








for life

The DASH Diet

(Dietary Approaches to Stop Hypertension)

Main Goal

For people suffering from hypertension the main goal is to lower the blood pressure to minimize the stress on the cardiovascular circulation. Through a sensible diet it is possible to control the blood pressure and avoid further damage. This suggested diet promotes a healthy varied diet focused on reducing the intake of sodium (salt) and increase the intake of potassium.

Where is the Sodium?

Sodium is in the salt we use to spice our food, so the first place to reduce salt is in the daily cooking, where salt can be replaced by other spices. Furthermore, salt is added to most processed food; like canned food, bread, juices, processed meat etc. If you need to buy processed food read the nutritional label and choose the product with less added sodium (salt).

Where is the Potassium?

Potassium helps to stabilize the blood pressure, so it is very beneficial for health to assure that the daily diet contains potassium-rich food sources. Some of these foods are listed below, in prioritized order (NOTE: The listed foods refer to FRESH foods; NOT processed):

<i>Vegetables</i>	<i>Fruits</i>	<i>Nuts, seeds and legumes</i>	<i>Fat free/ low fat products</i>	<i>Lean meat, fish and poultry</i>
Potatoes	Banana	Soybeans	Milk	Fish
Sweet potatoes	Apricot	Lentils	Yoghurt	Pork
Spinach	Orange	Kidney beans		Beef
Zucchini	Cantaloupe	Split peas		Chicken
Tomato	Apple	Almonds		Turkey
Kale		Walnuts		
Romaine lettuce		Sunflower seeds		
Mushrooms		Peanuts		
Cucumber				

Menu Proposal

A healthy diet is based on fresh cooked food in the right combination of the major food groups, as pictured below:



The main meals should be divided as; $\frac{1}{2}$ plate with vegetables, $\frac{1}{4}$ plate with whole grain products (e.g. bread, pasta, rice etc.), and $\frac{1}{4}$ plate with protein products (e.g. meat, fish, poultry, cheese, egg etc.). In between the main meals, fruits are a good source of energy, vitamins and minerals.

Ideas for Lunch

Chicken Salad

- 3 $\frac{1}{4}$ Cups chicken breast, cooked, cubed, and skinless
- $\frac{1}{4}$ Cup celery, chopped
- 1 Tbsp lemon juice
- $\frac{1}{2}$ Tsp onion powder
- $\frac{1}{8}$ Tsp salt (can be omitted)
- 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.

Chicken Sandwich

- $\frac{3}{4}$ Cup **Chicken Salad**
- 2 Slices whole wheat bread
- 1 Tbsp regular mustard

1. Spread mustard on the bread and put the **Chicken Salad** in between the two slices of bread. Serve with **Green Salad** (see below).

Green Salad

- ½ Cup fresh cucumber slices
- ½ Cup tomato wedges
- 1 Tbsp sunflower seeds
- 1 Tbsp Italian dressing, low calorie

1. Mix the ingredients together and add dressing before eating.

Chicken Breast Sandwich

- 85 g chicken breast, skinless
- 2 Slices whole wheat bread
- 1 Slice natural Swiss cheese, low sodium
- 1 Large leaf Romaine lettuce
- 2 Slices tomato
- 1 Tbsp mayonnaise, low fat

1. Put all the ingredients in between the two slices of bread.

Beef Barbeque Sandwich

- 60 g sliced beef
- 1 Tbsp barbeque sauce
- 2 Slices natural Cheddar cheese, reduced fat, low sodium
- 1 Whole grain hamburger bun
- 1 Large leaf Romaine lettuce
- 2 Slices tomato

1. Put all the ingredients in the burger bun.
2. Serve with 1 cup [New Potato Salad](#) (see below)

New Potato Salad

- 16 Small new potatoes
- 2 Tbsp olive oil
- ¼ Cup green onions
- ¼ 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.

Tuna Salad

- 2 Cans tuna, water pack
- ½ Cup raw celery, chopped
- 1/3 Cup green onions, chopped
- 6 ½ 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.

Tuna Salad Sandwich

- ½ Cup Tuna Salad (see above)
- 1 Large leaf Romaine lettuce
- 2 Slices tomato
- 2 Slices whole wheat bread

1. Add lettuce, tuna salad and tomato in between the two slices of bread.

Ideas for Snacking

It is a good idea for a steady energy flow throughout the day, to have a healthy snack in between the main meals.

Everyday snacks can be:

- Fresh fruit; either 1 piece of fruit (apple, pear, orange, apricot etc.) or 1 cup of fresh fruit salad
- 50-100g of fresh vegetables; tomatoes, carrots, peppers, cucumbers etc.
- ½ - 1 cup fat-free yoghurt, no sugar added
- 1/3 cup almonds, unsalted

Occasionally snacks can be:

- ¼ cup dried fruit (raisins, apricot, figs etc.)
- 1-2 pieces whole grain crackers/crisps, unsalted

Sustainability

Healthy eating is only one part of lowering your blood pressure. Physical activity is another part. When you exercise you improve your cardiovascular system. Try to exercise moderate activity at least 30 minutes per day (e.g. walk, bike, run) – it can be in small bouts of 5-10 minutes at a time.