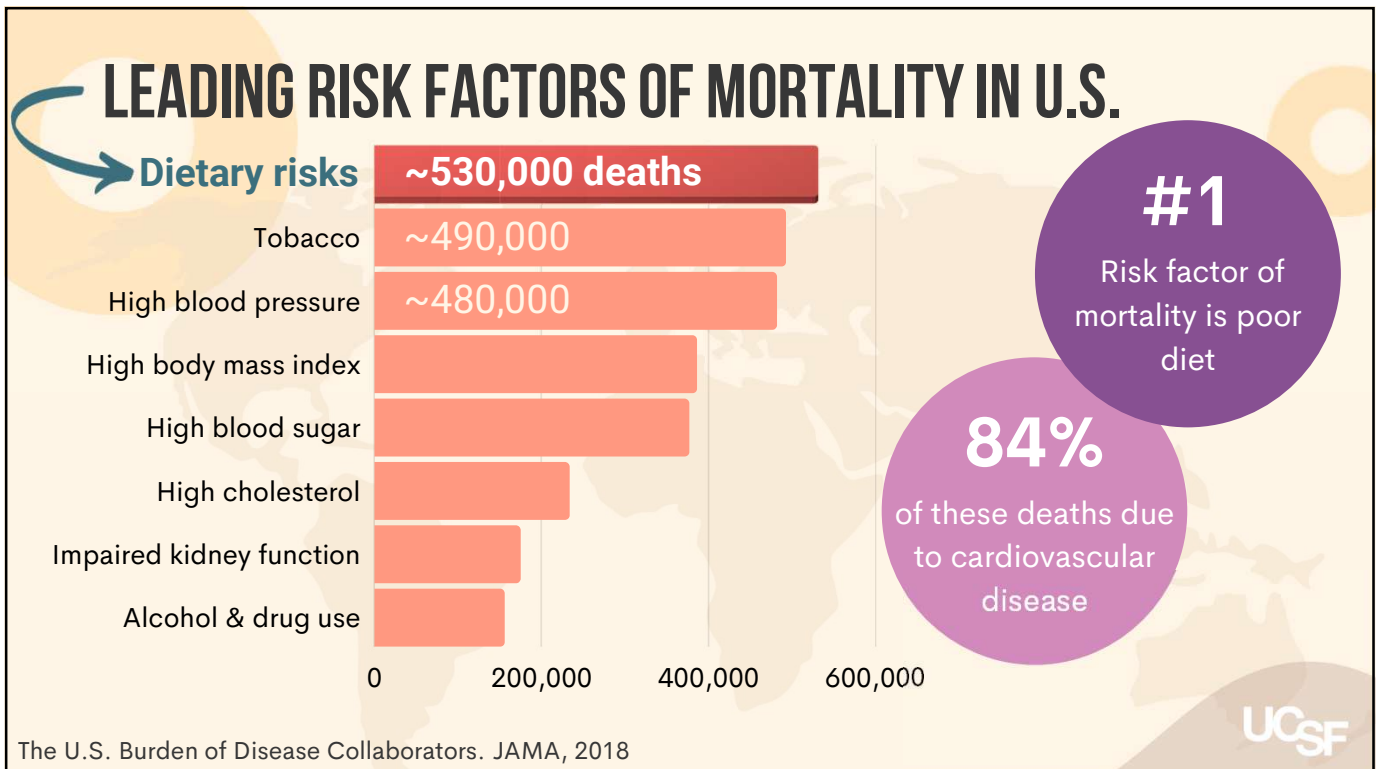
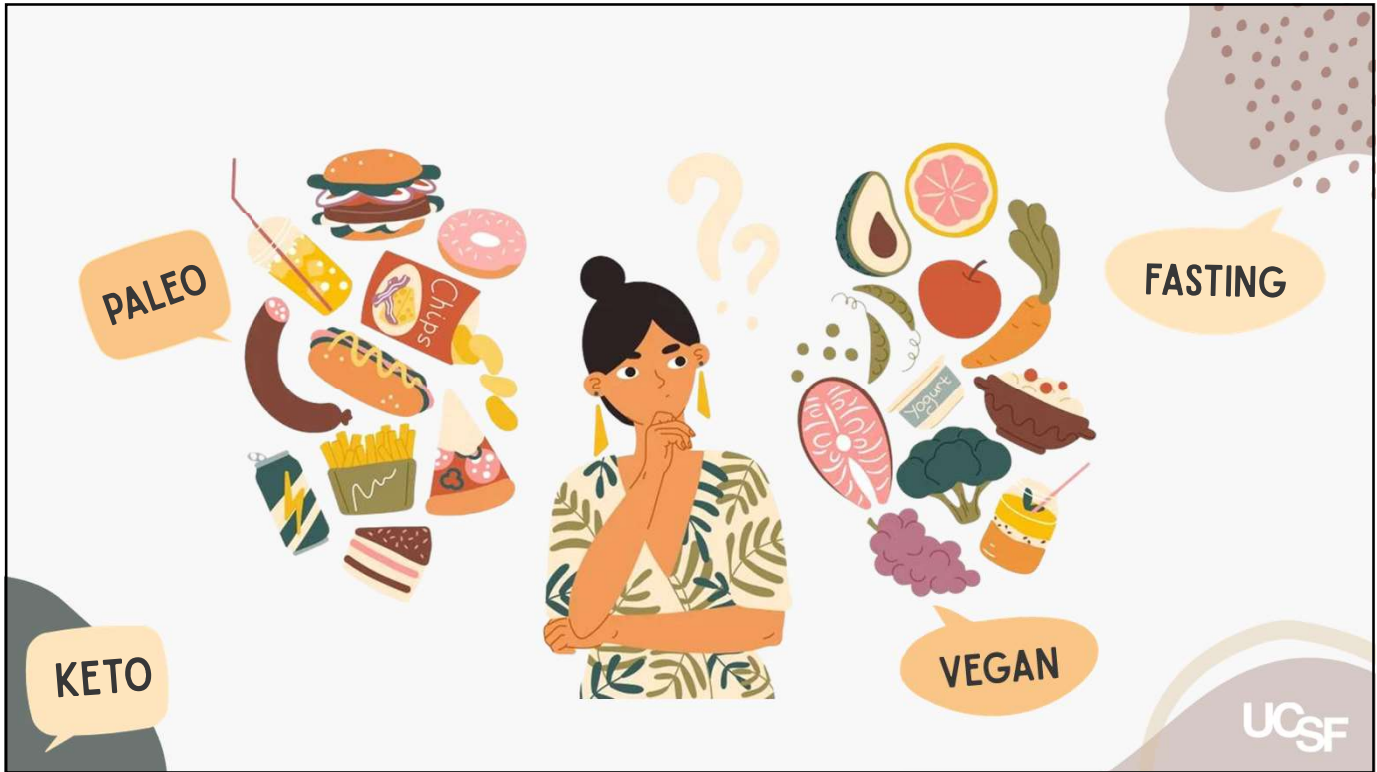




1



2



3

WHAT DOES THE SCIENCE SAY?

1

“ It is recommended to adopt a Mediterranean or similar diet to lower risk of CVD.

“ A diet emphasizing intake of vegetables, fruits, legumes, nuts, whole grains, and fish is recommended to decrease ASCVD risk factors.

American Heart Association.

AMERICAN COLLEGE of CARDIOLOGY.

ESC European Society of Cardiology

UCSF

4

PERSONALIZE YOUR PLAN



7

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL "bad" cholesterol.

Eat This

Limit This

Vegetables	Fatty meats
Fruits	
Whole grains	Full-fat dairy
Fat-free or low-fat dairy	Sugar sweetened beverages
Fish	
Poultry	
Beans	Sweets
Nuts & seeds	
Vegetable oils	Sodium intake

www.nhlbi.nih.gov/DASH

DIETARY APPROACHES TO STOP HYPERTENSION

Limit sodium to **2300 mg** per day

Even lower BP reduction: **1500 mg** per day

- Lowers blood pressure
- Improves cholesterol
- Helps with weight loss
- Reduces heart disease risk

UCSF

8



TIPS FOR SUCCESS

-  **Personalize your plan**
-  **Set small, realistic goals**
-  **Add before subtract**
-  **Get support**

Thank you!

