

## Chapter 1 DASHboard

1. Your grandmother told you to drink your milk, eat your fruits and vegetables, and go outside and play. It is still valuable nutrition advice.
2. Over 50 million Americans have high blood pressure, and another 45 million have “pre-hypertension.”
3. Even moderately high blood pressure is linked to increased risk of stroke, heart disease, heart failure, and kidney failure.
4. A diet rich in fruits, vegetables, and low-fat dairy foods can help you lower your blood pressure in 14 days.
5. Exercise, smoking cessation, moderate alcohol consumption, and weight loss can support lowering blood pressure.

### Tracking my Personal DASH Diet Action Plan:

Current		Target
Blood pressure:	_____	_____
Cholesterol:	_____	_____
LDL:	_____	_____
HDL:	_____	_____
Triglycerides:	_____	_____