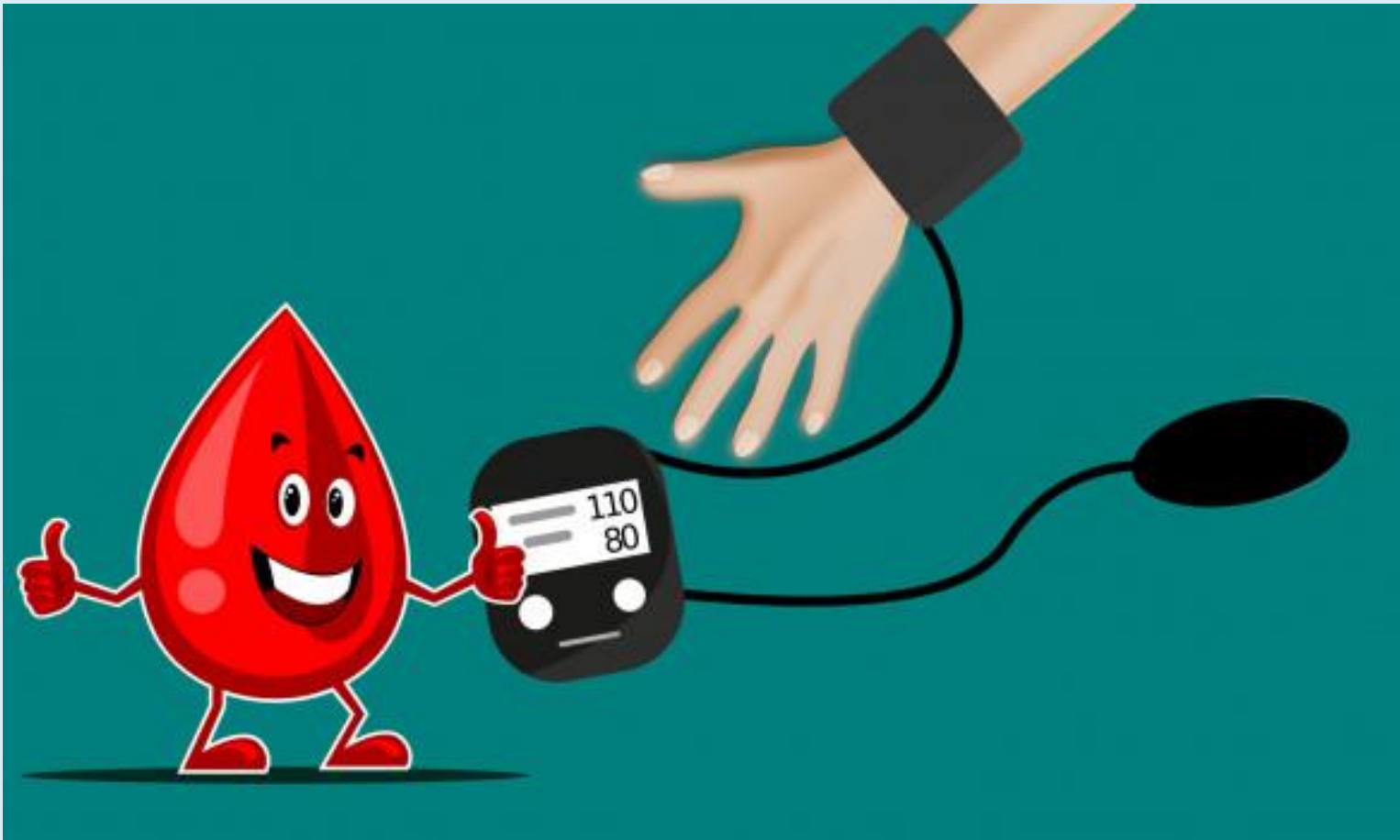


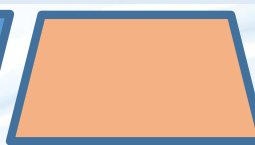
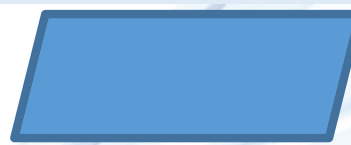
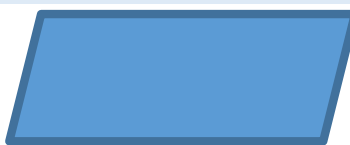
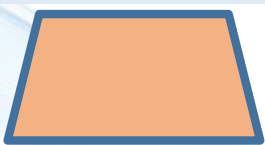


تجمع عسير الصحي - نطاق بيشة

Asir Health Cluster of Bisha Zone



( Diet for lowering high blood pressure (DASH diet) )





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## ❖ Why the need for a diet for pressure patients?

A healthy diet is one of the basic ways that help pressure patients control blood pressure levels within the normal range, along with drug treatment prescribed by a specialist, and the Dash diet is one of the most popular diets that help control blood pressure.

## ❖ Necessary guidelines to follow to improve blood pressure

- ✓ ▪ Increase activity and exercise
- ✓ ▪ Weight loss
- ✓ ▪ Quit smoking
- ✓ ▪ Distance from stress
- ✓ ▪ Follow-up with the doctor and adherence to medications
- ✓ ▪ Follow the \*Dash\* diet





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## ❖ Daily nutrients with the Dash diet

Total Fat	%27	Sodium	1500mg
Saturated fats	%6	Potassium	4700mg
Protein	%18	Calcium	1250mg
Carbohydrates	%55	Magnesium	500mg
Cholesterol	150mg	Fiber	30g

## ❖ Recommended daily rations

Whole grains (6-8) servings per day

Serving = one slice of bread or dry grains = 30 g or half a cup of 125 ml of rice or cooked pasta

Fats and oils (2-3) servings per day

Serving = one teaspoon (5ml) of olive oil

Vegetables (4-5) servings per day

Serving = one cup (250ml) of lettuce or leafy greens or half a cup of 125ml of chopped or cooked vegetables

Fruit (4-5) servings per day

Serving = one medium-sized fruit

Dairy and dairy products (2-3) servings per day

Serving = one cup (250 ml) of yogurt or half a cup of yogurt or (45 g) of cheese, preferably low-fat dairy

Meat, poultry, fish (no more than 2 servings per day)

Serving = 3 ounces (90 g), preferably low-fat meat and eating fish twice a week

Legumes, nuts, seeds (4-5) servings per week

Serving = 1/3 cup (75 ml) of nuts or 2 tablespoons (30 ml) of seeds or half a cup (125 ml) cooked beans or peas



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### ❖ Samples for Dash meals

Snack	Dinner	Lunch	Breakfast	model
cup skimmed yogurt Two pieces of whole wheat biscuits	Half a loaf Grilled fish Cup of guava juice	Quarter Chicken Cup white beans cup rice A cup of salad with a spoon of olive oil One banana	2 servings of bread 2 tbsp bean butter orange cup skimmed milk	1

### ❖ Samples for Dash meals

Snack	Dinner	Lunch	Breakfast	model
3 dates Guava fruit	Grilled fish Half cup rice Cup of Hazra Salad	Chicken breast cup rice A salad cup with a spoon of olive oil	4 spoon beans with a teaspoon olive oil with a spoon of parsley leaves Tomato slices cup skimmed milk Orange	2

## ❖ Important..

• The optimal diet is the one that is under the guidance of a therapeutic nutritionist so that there is no imbalance and deficiency in the necessary nutritional components that are necessary for the body and when organizing meals, take into account the size of the body and the level of activity and for help communicate through this application with the specialist to provide you with your accurate diet according to your health condition...

أخصائي التغذية العلاجية  
صالح سعيد الغامدي

