

SPECIAL POINTS OF INTEREST:

- **DASH Diet**
- **Tips**
- **Chipotle BBQ Sauce**
- **AED Drone**

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What is the DASH Diet?

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The DASH Diet is a diet that was formed to lower blood pressure and was sponsored by the National Institutes of Health back in the 1990s. It is one diet that has stood the test of time in regards to lowering the blood pressure. DASH stands for Dietary Approaches to Stop Hypertension. Hypertension is the medical term for high blood pressure. During this study, systolic blood pressure was lowered by 5.5 mmHg and diastolic blood pressure was lowered by 3 mmHg in the first 2 weeks.

What foods are recommended in the DASH Diet? This basis of this diet is fruit, vegetables, fat-free or low-fat dairy products,



poultry, fish, beans, seeds, and nuts. Foods that are limited in this diet include sodium, added sugars, sweets, drinks containing added sugars, red meat, and fats.

Why does it work? This diet is thought to work because it is high in certain nutrients that are thought to lower blood pressure. These nutrients are potassium, magnesium, fiber, calcium, and protein. It is also a heart healthy diet because it is

low in saturated fats, *trans* fat, and cholesterol.

Can I drink alcohol on this diet? Alcohol can actually increase blood pressure and is not recommended. However, if alcohol is consumed, no more than 1 beverage in a day for women or 2 beverages in a day for men is recommended.

How do I get started? Getting started on the DASH Diet is easy. Because increasing fruits and vegetables in the diet may cause some bloating or diarrhea at first, gradually changing the diet may be helpful. Add a serving of vegetables at lunch, then add fruit for snack the next day. Breakfast is also a good time to incorporate fruit. Try adding a meatless meal once or twice a week for dinner is a good way to incorporate more vegetables and grains. Substituting sweets for a fruit or yogurt is an easy switch. (1,2,3)

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Tip of the Month

How to Incorporate the DASH Diet

1. For breakfast consider 1/2 cup of instant oatmeal, 1 mini whole wheat bagel with 1 Tbsp. of peanut butter, 1 banana, and 1 cup low fat milk.
2. For snack try 1 fat free yogurt with 1/3 cup of blueberries.
3. For more recipes check out this website <https://healthyeating.nhlbi.nih.gov/>
4. The Mayo Clinic also has a good website of DASH recipes at this website: <http://www.mayoclinic.org/healthy-lifestyle/recipes/dash-diet-recipes/rcs-20077146>
5. If you are lactose intolerant, then change to lactose free dairy products. Yogurt, milk, and some cheeses are available at most grocery stores.
6. Remember it is a lifestyle change. Do it gradually. It is a marathon not a sprint. (1)



Chipotle BBQ Sauce



Recipe from the book
Breaking the Salt Habit by
Erik Williams.

Ingredients:

1 Tbsp. Canola Oil
 1/2 cup Onion, chopped
 1/2 cup Bourbon
 6 Garlic Cloves, finely minced
 2 cups NSA Ketchup
 1/3 cup Brown Sugar, packed
 1/4 cup Cider Vinegar
 1/4 cup Worcestershire Sauce
 1 1/2 Tbsp. Hickory Liquid Smoke
 3 Chipotle Peppers in Adobe Sauce
 (or to taste)
 1/2 tsp. Thyme
 1/4 tsp. All Spice

Directions:

1. In a medium sauce pan, heat oil, and add garlic and onion.
2. Cook about 3-4 minutes on medium heat until onions are translucent.
3. Add bourbon and cook another 10 minutes.
4. Add remaining ingredients and simmer for 20 minutes.

Tip: Worcestershire Sauce varies sodium content at the store. So shop around until you find one with the lowest sodium content.

Health Information

Serving size 1 Tbsp.
 Servings 48
 Calories 23
 Total fat <1g
 Saturated fat 0g
 Cholesterol 0mg
 Sodium 22 mg
 Total fiber 0 g
 Protein 0 g
 Carbohydrates 6 g
 Potassium 11 mg
 Sugar 5 g

Quote of the Month: “You just can’t beat the person who never gives up.” Babe Ruth

Did you Know?

Did you know that cardiac arrest is the leading cause of death worldwide? If a person has a cardiac arrest outside of a hospital their chances of surviving are about 10 percent or less. It is vital that good CPR is given and an automatic external defibrillator is available to deliver a shock to the heart. In some areas that are rural or are very congested like a big city, it takes too long for the EMS to get there. There was an area in Sweden that it takes 30 minutes for the EMS to get there in the summer months. Their survival rate for cardiac arrest was zero. To see if this could be improved, drones were studied. The drone delivered the AED to the addresses of prior cardiac arrest victims. In 17 of those addresses the drone arrived there in 5 minutes.

In a condition where seconds or minutes can be the difference between life and death, these drones show great potential to be a life saver in certain areas. AEDs are easy to use and can be used by anyone without medical training. In a situation where a drone is dropping an AED off, there will not be an EMS on the scene at that time. Dispatchers will be able to walk these family members or friends through using the AED and doing CPR. More studies are being done in Sweden so stay tuned but do not be surprised if this becomes a standard in some areas that are very rural or very congested. Certainly having an EMS there in minutes is ideal, however this could save lives if EMS has a long travel time. (4,5).



What foods are recommended?

1. Grains: For a 2000 calorie diet, 6-8 servings per day are recommended. Examples would be whole wheat bread, oatmeal, brown rice, cereal, and grits to name a few.
2. Vegetables: For a 2000 calorie diet, 4-5 servings per day are recommended. Examples would be broccoli, carrots, potatoes, green peas or beans, tomatoes, and squash to name a few.
3. Fruits: For a 2000 calorie diet, 4-5 servings per day are recommended. Examples would be bananas, strawberries, grapes, oranges, dates, apricots, or pineapples to name a few.
4. Fat-free or low fat milk or milk products: For a 2000 calorie diet 2-3 servings per day are recommended. Examples would be yogurt, milk, and cheese.
5. Lean meats, poultry, and fish: For a 2000 calorie diet, 6 or less are recommended per day. A serving would be 1 ounce of meat or 1 egg. Remove any visible fat or skin.
6. Nuts, seeds, or legumes: For a 2000 calorie diet, 4-5 per week are recommended. Examples would be almonds, peanut butter, hazelnuts, split peas, kidney beans, or sunflower seeds to name a few.
7. Fats and Oils: For a 2000 calorie diet, 2-3 servings are recommended per day. These may include vegetable oil such as olive oil, canola oil etc., low fat mayonnaise, or a light salad dressing.
8. Sweets and added Sugars: For a 2000 calorie diet, 5 servings or less per week is recommended. Examples would be fruit punch, hard candy, jelly, maple syrup, sugar, sorbet and ices.
9. In addition to the above guidelines, exercise is a very important addition in keeping the heart healthy and the blood pressure at a healthy level.

As always, check with your health care provider before changing your diet or starting on an exercise program. (1,2,3).

