

Short Communication**DASH Diet In Preventing Hypertension****S.Emmi, Ms.R.Malathy, Dr.A.N.Uma***

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INTRODUCTION

Hypertension is when blood pressure is too high. It is highly necessary to create a hypertension free society and give awareness about DASH diet for the betterment of the society.

Proposed Interventions

It is very clear that the efforts to respond to these challenging and sensitive trends must be well planned and concerted. Furthermore, in order to ensure food security and nutrition, various literatures were reviewed to study about the DASH diet in preventing hypertension.

Conclusion

DASH stands for Dietary Approaches to Stop Hypertension. It is a dietary pattern promoted by National Heart, Lung and Blood Institute, United States to control and prevent hypertension. It is a healthy way in which hypertension can be prevented. It encourages you to take a diet rich in potassium, calcium and magnesium and reduce intake of sodium in your diet. DASH diet is rich in vegetables, whole grains, fruits, fish, meat, poultry, nuts, beans and low-fat dairy products. DASH diet helps you to reduce your systolic blood pressure by 8 mmHg and diastolic blood pressure by 3 mmHg, which could make a lot of difference in reducing morbidity and mortality in hypertensive patients. DASH diet also prevents osteoporosis, cancer, heart disease, stroke and diabetes as it has a high quotient of antioxidant rich food. DASH diet pattern is adjusted to have a daily caloric intake from 1699 to 3100 calories.

Key Words: DASH diet, Hypertension, Blood Pressure

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