



Advanced Pediatric Cardiology

Dr. Shabib Alhadheri, MD

Specialized Care. Advanced Expertise. Healthier Hearts.

UNDERSTANDING THE

DASH Diet

DIETARY APPROACHES TO STOP HYPERTENSION

A heart-healthy eating plan proven to lower blood pressure and improve overall well-being.

SMALL
CHANGES
BIG IMPACT
FOR A
HEALTHIER
HEART!



EAT MORE



Fruits
4–5 servings/day



Vegetables
4–5 servings/day



Whole Grains
Choose oats, brown rice, whole wheat



Lean Proteins
Fish, chicken, beans, lentils, tofu



Low-Fat Dairy
Milk, yogurt, cheese



Nuts, Seeds & Legumes
Almonds, walnuts, beans, peas



LIMIT THESE



Sodium (Salt)
Goal: <1500–2300 mg/day



Processed & Fast Foods



Sugary Drinks & Sweets



Red & Processed Meats



Saturated Fats
Butter, creamy sauces, fatty cuts

WHY IT WORKS



Potassium – Helps relax blood vessels and reduce the effects of sodium.



Magnesium & Calcium – Support healthy blood vessel function.



Low Sodium – Reduces fluid retention and eases the workload on the heart.



High Fiber – Improves cholesterol levels and supports metabolism.



Together, these nutrients help lower blood pressure and protect your heart.

SAMPLE ONE-DAY PLAN



BREAKFAST
Oatmeal with berries and low-fat milk



LUNCH
Grilled chicken salad with olive oil dressing + whole grain bread



SNACK
Banana and a handful of almonds



DINNER
Baked salmon
Steamed broccoli
Brown rice



PRACTICAL TIPS



Read food labels and check sodium.



Cook more meals at home.



Use herbs, spices, lemon, garlic instead of salt.



Choose fresh or frozen foods instead of canned.



Make gradual changes for lasting results.

WHO SHOULD FOLLOW DASH?



People with high blood pressure (hypertension)



People with prehypertension



Those at risk of heart disease



Children & adolescents (with portion adjustment)



Always consult your doctor or dietitian for personalized advice.



KEY TAKEAWAY

The DASH diet is not a temporary diet—it's a sustainable lifestyle that helps lower blood pressure and supports a healthier, longer life.

*Eat Smart. Live Well.
Protect Your Heart.*



1478 W Elliot Rd, Suite 102
Gilbert, AZ 85233



480-855-1339



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