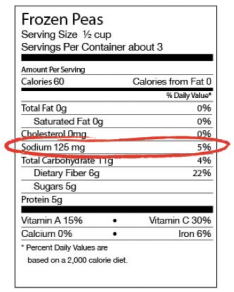
UF | Mobile Outreach Clinic
College of Medicine

Florida HEALTH

2 Tips
Education Series
DASH Diet



1. Limit Sodium

Salt in the diet mostly comes from the mineral sodium. Read food labels to make sure the label says 5% or less sodium. Don't add extra salt to your food. Avoid excess dressing, gravy and sauces.

2. Limit Unhealthy Fats

Avoid fried foods, chips, crackers and baked goods. Limit fatty meats like red meat, and increase healthy fats like fish, lean poultry and low fat dairy products.

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1. Watch What You Drink

Limit alcohol, caffeine and sugary beverages. This means sodas, teas, coffee, juices and lemonade. Increase water intake to 8 glasses per day.

2. Exercise Daily

Take 30 minutes to 1 hour per day to exercise. Try walking, running, dancing, or riding a bike.

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1. Eat Lots of Fruits and Vegetables

Frozen, canned or fresh vegetables and fruits. When purchasing frozen vegetables make sure you choose ones that don't have added sauces. Rinse off canned vegetables to reduce sodium.

2. Switch To Whole Grains

Switch to whole grain breads, cereal and pasta. Choose brown rice over white rice. Adding beans and nuts to your diet can be beneficial as well.

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1. Quit Smoking

As soon as you stop smoking, your blood pressure goes down. Visit tobaccofreeflorida.com for more resources.

2. Reduce Stress

Trying exercising or meditating to reduce stress. Engaging in hobbies, going for a walk and getting enough sleep can also help.