

Healthy, Happy Hearts

From the desk of Matt Frantz, Dietetic Intern

The DASH Diet

February is American Heart Month ... Love Your Heart!

DASH stands for Dietary Approaches to Stop Hypertension, meaning eating foods that help lower blood pressure. High blood pressure increases your risk of heart disease and stroke. High blood pressure can be caused by high sodium intake, so the average person should eat less than 2300mg of sodium per day. The U.S News & World Report voted the DASH diet the best diet of the year from 2011-2014. This diet focuses on consuming lower sodium foods, whole grains, fruits, and vegetables. Following the diet can lead to weight loss. The DASH diet can also reduce the risk of some types of cancer, stroke, heart disease, heart failure, kidney stones, and diabetes.

The DASH Diet Consists of:

- Low fat
- High Fiber
- Vitamins
- Minerals
- Lower Sodium

The DASH diet is a good diet for EVERYONE!

Type of Food	Servings on a 2000 Calorie diet
Grains and grain products (include at least 3 whole grain foods each day)	7-8
Fruits	4-5
Vegetables	4-5
Low fat or non-fat dairy foods	2-3
Lean meats, fish, poultry	2 or less
Nuts, seeds, and legumes	4-5 per week
Fats and sweets	Limited

Visit dashdiet.org for more information on the diet.

<http://www.cdc.gov/salt/>

A HEALTHY DIET FOR A HEALTHY HEART

The focus of this month's newsletter is your heart and what you can do to reduce the risk of heart disease and stroke. It recommends changes you can make in your diet to improve your heart health, enhance your quality of life and extend your longevity. A gift from your heart will help ease the financial burdens of some of the most fragile and vulnerable people in our communities and send the comforting message that people truly care. Your gift of \$24.00 pays for eight meals for someone who cannot pay. Whatever you can give will help. It's simple. Just place your gift in the envelope you received.

Thank you!

Phil Marcin

Vice President of Development

Questions? If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.

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In order to provide clients with the best services possible, we ask you to contact Elaine Seyerle at Mobile Meals with complaints, suggestions, or if you are not satisfied with your services. If, after your contact, you are still not satisfied with the response or have further questions, you may forward your concerns to the appropriate monitoring agency. The contact number for the Home Care Ombudsman is 1-800-421-7277.