Welcome to Two-Minute Tuesday. I’m Crystal Lockwood.
Our topic today is ... What is the DASH Diet?

Not a CRASH diet ... Not a fad diet ... The **DASH Diet**.
Dietary Approaches to Stop Hypertension.

What is hypertension ... also known as high blood pressure ... and why do you want to stop it?

Basically ... high blood pressure indicates your heart and blood vessels are being overworked.
Unchecked, this can lead to an enlarged heart and eventually heart failure ... and atherosclerosis -
swelling of the arteries. Other possibilities are stroke, kidney disease, blindness, and other problems.

Hypertension is known as the silent killer because there really aren’t symptoms. You really need to get
your blood pressure checked regularly.

So how do you get rid of hypertension? There are medications which can reduce hypertension.
But there’s a more long-lasting solution.

Meet the DASH Diet! Over the past 20 years or so, this diet has proven to be effective in reducing high
blood pressure.

And guess what? It’s realistic. There are no magic pills ... No shakes ... And you don’t starve.

You can still choose foods that you enjoy, but you align them with healthy eating patterns: less sugar,
sodium, and saturated fat; and more vegetables, fruits, and whole grains.

There is a lot of information out there.
You can do an internet search for “DASH Diet”.
Or, go to the American Heart Association website.
Or, go to a local bookseller and look for books on the DASH diet.
Or just ask your physician.

Thanks for tuning in to Two-Minute Tuesday. To subscribe or watch previous episodes, visit us online at
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