



FamilyMedicalDoctors

SPECIALTY DIET GUIDE

Heart-Healthy Diet

A DASH-style plan for blood pressure, modified for real-food fats

Use a DASH-style pattern that keeps real-food fats to support blood pressure and heart health.

START WITH THIS PLATE

- 1 Make vegetables and fruit the biggest share of the day.
- 2 Choose eggs, fish, beans, poultry, or other minimally processed proteins.
- 3 Read labels for sodium, added sugar, and highly processed ingredients.

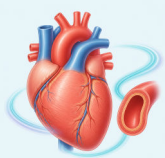


CHOOSE MORE OFTEN

- Vegetables and whole fruit
- Whole grains, beans, peas, and lentils
- Nuts, seeds, fish, eggs, and poultry
- Olive and avocado oils
- Butter, coconut oil, or tallow in sensible portions
- Plain full-fat dairy and cheese

LIMIT OR CHECK FIRST

- Highly refined vegetable and seed oils
- Deep-fried foods and repeatedly heated oils
- Ultra-processed foods and processed meats
- Salty packaged foods and restaurant sauces
- Sugary drinks, sweets, and excess alcohol



WHY THESE CHOICES MATTER

Too much sodium can raise blood pressure by increasing fluid retention. Fiber-rich plants and minimally processed foods support heart and metabolic health. In a DASH trial, full-fat dairy lowered blood pressure as well as low-fat dairy. LDL response varies. Ask about amounts if you have elevated LDL, familial hypercholesterolemia, or cardiovascular disease.

AN EASY DAY

Breakfast: oatmeal, berries, and plain full-fat milk or yogurt. Lunch: lentil soup and salad with olive-oil dressing. Dinner: grilled fish, brown rice, broccoli. Snack: unsalted nuts or fruit.

CHECK WITH YOUR CLINICIAN

A common sodium ceiling is 2,300 mg daily; some people are advised to go lower. With kidney disease or potassium-affecting medicines, ask before increasing potassium-rich foods.