

The DASH diet, or Dietary Approaches to Stop Hypertension, is a dietary pattern promoted by the U.S.-based National Heart, Lung, and Blood Institute (part of the National Institutes of Health, or NIH) to prevent and control hypertension. The DASH diet is rich in fruits, vegetables, whole grains, and low-fat dairy foods; includes meat, fish, poultry, nuts, and beans; and is limited in sugar-sweetened foods and beverages, red meat, and added fats.

In addition to its effect on blood pressure, it is designed to be a well-balanced approach to eating for the general public. The DASH diet is recommended by the United States Department of Agriculture (USDA) as one of its ideal eating plans for all Americans.

The DASH diet, combined with physical activity and weight loss, if needed, is considered a first-line approach in hypertension management. It can also help to reduce the risk of heart disease and stroke and is a sustainable way to eat for long-term health.