

# Try These Healthy Diet Options

Both the Mediterranean diet and DASH (dietary approaches to stop hypertension) diet encourage you to eat a variety of fruits and vegetables, whole grains like oatmeal and quinoa, lean protein like chicken and fish, and healthy fats such as avocado and olive oil. These plans focus on moderation and a healthy balance of food, and are more sustainable over the long term. Find out more about each diet below!

## Mediterranean Diet

### Foods to eat:

Plant-based meals with small amounts of lean meat and chicken

More whole grains, fresh fruits and vegetables, nuts and beans

Naturally fiber-rich foods

Fish and other seafood

Olive oil – a healthy, monounsaturated fat that should be used for preparing food

Meals prepared simply, lightly seasoned and without heavy sauces

### Foods to avoid:

Red meat

Sweets

Eggs

Butter and dairy products

**How does it work?** The Mediterranean diet helps to cut down on saturated fat, meats and carbohydrates. Following this diet can help stabilize blood sugar, lower cholesterol and triglycerides. It can also lower the risk for heart disease.

## DASH Diet

### Foods to eat:

More vegetables, fruits and whole-grains

Fat-free or low-fat dairy products

Fish and poultry

Beans and nuts

Vegetable oils

### Foods to avoid:

Fatty meats

Full-fat dairy products

Coconut, palm kernel and palm oils

Sweets and sugar-sweetened beverages

**How does it work?** The DASH diet lowers high blood pressure and improves levels of cholesterol – both reducing your risk of heart disease. Along with low-fat eating, the diet encourages you to exercise and recommends not to smoke.