

# Lower blood pressure is important at any age.



## Talk with parents about DASH.

### Foods emphasized in the DASH Eating Plan

- ✓ **LOW-FAT or FAT-FREE MILK, yogurt or reduced-fat cheese**
- ✓ **FRUITS**
- ✓ **VEGETABLES**
- ✓ **WHOLE GRAINS**

With more than 15 percent of school-aged children diagnosed as overweight and obese,<sup>1</sup> the risk of developing high blood pressure when they grow up increases significantly. Research has shown that children who consistently eat more servings of dairy foods, fruits and vegetables had the lowest blood pressure levels over time. Conversely, those who ate the least amount of dairy foods, fruits and vegetables had the highest blood pressure levels over time.<sup>2</sup>

**The DASH (Dietary Approaches to Stop Hypertension) Eating Plan** is encouraged as one of the lifestyle modifications to help prevent and control high blood pressure in children.<sup>3</sup> A DASH-type diet, rich in fruits, vegetables, and low-fat dairy foods, was more effective than routine out-patient care at improving systolic blood pressure and diet quality in adolescents with elevated blood pressure.<sup>4</sup>

Children with lower blood pressure in adolescence are less likely to develop hypertension as young adults.<sup>5</sup> Nutrients in dairy, including calcium, vitamin D, protein, potassium, and magnesium, are also important for growth and development. Parents who follow the DASH Eating Plan for their family may lower their own blood pressure and reduce the risk of future hypertension for their children. Adults with mild hypertension who followed the DASH diet reduced blood pressure as much as a single antihypertensive medication.<sup>6</sup>



Visit [www.mypyramid.com](http://www.mypyramid.com) for eating plans.

Visit [http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf) for a guide to lowering your blood pressure with DASH.

For more tips and healthy recipes, go to [www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org).



NATIONAL DAIRY COUNCIL



AMERICAN ACADEMY OF  
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eat right. American Dietetic  
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These organizations support 3-Every-Day™ of Dairy, a science-based nutrition education program encouraging Americans to consume the recommended three daily servings of nutrient-rich low-fat or fat-free milk and milk products to improve overall health.

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<sup>1</sup> National Heart, Lung, and Blood Institute 2004

<sup>2</sup> Moore, Lynn L., et al. Intake of Fruits, Vegetables, and Dairy Products in Early Childhood and Subsequent Blood Pressure Change. *Epidemiology*, 16(1):4-11, January 2005.

<sup>3</sup> National High Blood Pressure Education Program Working Group on High Blood Pressure in Children and Adolescents. The 4th report on the diagnosis, evaluation, and treatment of high blood pressure in children and adolescents. *Pediatrics*, 114, 555, 2004.

<sup>4</sup> Couch SG, et al. The efficacy of a clinic-based behavioral nutrition intervention emphasizing a DASH-type diet for adolescents with elevated blood pressure. *J Pediatr*, 152: 494-501, 2008.

<sup>5</sup> Sun Shumei, S., et al. Systolic Blood Pressure in Childhood Predicts Hypertension and Metabolic Syndrome Later in Life. *Pediatrics*, 2007, 119:237-246

<sup>6</sup> Appel LJ, et al. A clinical trial of the effects of dietary patterns on blood pressure. *NEJM*, 336: 1117-1124, 1997