

## TIPS ON SWITCHING TO THE DASH EATING PLAN

- Change gradually. Add a vegetable or fruit serving at lunch and dinner.
- Use only half the butter or margarine you do now.
- If you have trouble digesting dairy products, try lactase enzyme pills or drops—they're available at drugstores and groceries. Or buy lactose-free milk or milk with lactase enzyme added to it.
- Get added nutrients such as the B vitamins by choosing whole grain foods, including whole wheat bread or whole grain cereals.
- Spread out the servings. Have two servings of fruits and/or vegetables at each meal, or add fruits as snacks.
- Treat meat as one part of the meal, instead of the focus. Try casseroles, pasta, and stir-fry dishes. Have two or more meatless meals a week.
- Use fruits or lowfat foods as desserts and snacks.

