

the everyday healthy eating

DASH tracker

Congratulations! Committing yourself to making changes in your diet and lifestyle will have lifelong benefits to your health and well-being.

Take it slow

The way you eat now didn't happen overnight, so don't try to make a lot of major changes to your diet (or your behaviours) all at once. People who make small changes over a longer period are much more likely to succeed. And when you slip up, don't feel bad—just get back on track.

Using the tracker

Familiarize yourself with the tracker and fill it out every day. Make taking your blood pressure a priority and be sure to record it. Try to do it when you are feeling relaxed.

Food-wise, using the tracker keeps you aware of what you are actually consuming. It allows you to set a goal, analyze your behaviour and motivate change. In other words, using it will help you succeed!

First steps

The key to making healthy changes is to know your starting point. For the first couple of weeks, use the tracker to get a handle on your current eating habits. Chances are you really don't know how many servings of vegetables, fruit and milk products you are eating now.

With an accurate idea of your present eating pattern, you'll be in a good position to think about what needs to change.

Tack the Healthy Eating DASH Tracker to your fridge and fill it out once a day. Doing it before dinner gives you a chance to top up on missing foods at dinner or with an evening snack.

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Week _____

Visit www.dairygoodness.ca/hypertension to make extra copies of these pages.

Check off each serving you eat. Feel good about every one!

	VEGETABLES AND FRUIT	MILK PRODUCTS	MY BLOOD PRESSURE
Monday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
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CANADA'S FOOD GUIDE

	VEGETABLES AND FRUIT	MILK AND ALTERNATIVES	GRAIN PRODUCTS	MEAT AND ALTERNATIVES
Canada's Food Guide recommended number of servings	Females (age 19-50): 7-8 Males (age 19-50): 8-10 Adults (age 51+): 7	Adults (age 19-50): 2 Adults (age 51+): 3	Females (age 19-50): 6-7 Males (age 19-50): 8 Females (age 51+): 6 Males (age 51+): 7	Females (19+): 2 Males (19+): 3
	DASH Diet Goals: 8-10 servings	DASH Diet Goals: 3 servings		
Examples of one serving	<ul style="list-style-type: none"> ▶ One apple ▶ ½ cup of broccoli ▶ ½ cup of carrots 	<ul style="list-style-type: none"> ▶ 250 mL (1 cup) of milk ▶ 175 g of yogurt ▶ 50 g of cheese 	<ul style="list-style-type: none"> ▶ 1 slice of bread ▶ ½ cup breakfast cereal, rice or pasta 	<ul style="list-style-type: none"> ▶ 75 g meat, poultry or fish ▶ 2 eggs ▶ ¾ cup legumes

DASH goal is 8-10 servings of VEGETABLES AND FRUIT A DAY	DASH goal is 3 servings of MILK PRODUCTS A DAY
THIS WEEK, MY GOAL IS _____ DAILY SERVING(S).	THIS WEEK, MY GOAL IS _____ DAILY SERVING(S).
I'm going to achieve it by _____	I'm going to achieve it by _____
_____	_____

How did I do this week and what can I do differently next week to help meet my goals?

<input checked="" type="checkbox"/> GOAL	COMMENTS
<input type="checkbox"/> I REACHED MY GOALS	Congratulations! You've done amazingly well. Maintain this change and you'll derive a lifetime of benefits. You are now ready to tackle your next goal.
<input type="checkbox"/> I ALMOST REACHED MY GOALS	You are doing great! Lasting change doesn't happen overnight. Remember that positive thoughts yield positive outcomes.
<input type="checkbox"/> I DIDN'T QUITE REACH MY GOALS	Every serving you checked off is great! Keep at it. Need some inspiration? Check the brochure for tips and go to dairygoodness.ca for healthy eating information and suggestions.

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How to make changes that last

Make your changes gradually. Making a small change that lasts is better than making big changes that don't!

- ▶ Look at changing your diet as a voyage of discovery. Find healthier foods you like, and use them to bump out less healthy ones.
- ▶ Keep trying new foods, new recipes. The aim is to increase your pleasure in eating and feel healthier as you do it, not to feel deprived.
- ▶ Make only one change at a time. Don't make another one until that change has become a habit.
- ▶ If you don't achieve your goal one week, analyze why you didn't and focus on next week. Don't waste time being hard on yourself!
- ▶ If a strategy doesn't work for a couple of weeks running, try another.
- ▶ Celebrate your successes. Share them with friends and family. Be sure to reward yourself as you go. Remember that you want your love of healthy choices to last a lifetime.

*With the DASH approach, healthy eating
is a goal within everyone's reach.*