

Academic Year 2021-229

Title of the Practice :- Awareness on therapeutic Diets.

DASH DIET

Introduction : "DASH" is Dietary Approach to Stop Hypertension. Its a healthy eating plan that's designed to help treat or prevent high blood pressure.

- * The DASH diet helps people lower salt which contains sodium in diets. The diet is also rich in nutrients that help lower blood pressure.

Objectives of the practice :- To make students aware of therapeutic Diets. DASH diet.

- * By this practice they will learn what is DASH diet, what diet precautions should be taken to get rid of hypertension.
- * They will get practical knowledge relating to planning a diet.

Quick Facts.

- * DASH eating plan is rich in fruits, vegetables and whole grains. It focuses on consuming low-fat and fat-free dairy products, along with nuts, seeds, beans and limited amounts of lean meats, poultry, fish.
- * DASH - Dietary Approach to Stop Hypertension

Brief Explanation of Title :-
classification of hypertension

Blood pressure range SBP/DBP
(mm/Hg)

120/80

120-129 / \leq 80

130-139 / 80-90

\geq 140 / \geq 90

\geq 180 / \geq 120

classification

Normal

Elevated

Stage I

Stage II

Hypertensive Crisis

Classification of Hypertension

Primary Hypertension
(High bp in the absence of any underlying disease)

- * Benign hypertension
- * Malignant hypertension

Secondary Hypertension

(Elevated Bp due to some underlying disease)

- * Cardiovascular hypertension
- * Endocrine hypertension
- * Renal hypertension
- * Neurogenic hypertension
- * Pregnancy induced hypertension

Major complications:

- | | |
|--------------------------------|--------------------------|
| → Kidney disease | → Kidney failure |
| → End-stage renal disease | → Heart disease |
| → Hardened arteries | → Cardiovascular disease |
| → Angina | → Heart attack |
| → Left ventricular hypertrophy | → Heart failure |
| → Left Side heart failure | → Stroke |
| → Cerebrovascular disease | → Eye complications |
| → Cerebral haemorrhage | → Retinal Damage |
| → Impaired vision | → Death |

Objectives of Nutritional Management:

- To achieve gradual weight loss in overweight & obese individuals & maintain weight (slightly below normal levels).
- To reduce Sodium intake & maintain and obese individuals & maintain weight (slightly below normal levels).
- To reduce Sodium intake & maintain fluid & electrolyte balance.
- To slow down the onset of complications

In order to meet the above objectives we need to understand the nutrient requirements during hypertension.

Energy :- This requirements will be based on ideal body weight. Even calorie therapy, fats & carbohydrates have to be reduced so that weight is maintained.

Proteins :- 15-20% should be taken from total energy needs. * avoid non-veg foods like red meat & egg yolks (should be avoided as it has greater proportion of saturated fatty acids).

Fats :- fats should be rich in unsaturated fatty acids and should not provide more than 20% of the total energy.

Carbohydrates :- About 60-65% energy should be provided from carbohydrates which are polysaccharides rather than simple sugars.

Minerals & Electrolytes :- calcium, sodium, potassium

Calcium :- It is an essential part of treatment. It can be ensured through intake of milk & milk products & green vegetable as well as adequate cereals & pulse intake.

Sodium :- Sodium restriction along with weight reduction is effective in controlling mild to moderate hypertension.
→ It is restricted to 1-2g/day

Potassium :- Increasing potassium content in diet lowers blood pressure but improves hypertension. This could be done by increasing fruits & vegetables in the diet, which are rich in both potassium & fibre content.

Life Style Modifications

- Weight Reduction Maintain normal body weight (BMI) 18.5-24.9
- Adept DIET (DASH) Consume fruits, vegetable, low fat dairy with reduced saturated fat & total fat
- Dietary Sodium Restriction Reduce Sodium intake to no more than 6g NaCl
- Physical Activity 30min/day walking
- Alcohol No more than 2 drinks per day.