

More Dairy, Please!

The DASH Diet Plan recommends adding more dairy to the diet along with fruits and vegetables.

Here are a few examples:

- Use yogurt as a substitution for mayo
- Sprinkle grated cheese on a salad
- Add milk to oatmeal instead of water
- Add milk into your morning coffee
- Blend fruit, yogurt, and milk into a smoothie
- Snack on string cheese



Increasing dairy consumption has been associated with a lower risk of heart disease and hypertension.

