

The DASH Diet for Blood Pressure Control

Blood pressure can be affected by the foods that you choose to eat. Those foods that have a high sodium, or salt, content can increase your blood pressure. High blood pressure, or hypertension, can lead to adverse health events such as heart disease. Therefore, reducing dietary sodium intake can reduce high blood pressure and help minimize your risk for heart disease. Foods that are low in sodium include fruits, vegetables, poultry, and fish. New research has shown that following the Dietary Approaches to Stop Hypertension (DASH) Diet can help reduce blood pressure.

Dietary Goals Used in the DASH Studies:

Total Fat	27% of calories	Sodium	2,300 mg
Saturated Fat	6% of calories	Potassium	4,700 mg
Protein	18% of calories	Calcium	1,250 mg
Carbohydrate	55% of calories	Magnesium	500 mg
Cholesterol	150 mg	Fiber	30 g



The following table outlines the recommended daily servings by food group that were utilized in the DASH diet:

Food Group	Daily Servings	Serving Sizes
Grains	6-8	1 slice bread ½ cup cooked rice, pasta
Vegetables	4-5	1 cup raw leafy vegetable 12/ cup vegetable juice
Fruits	4-5	1 medium fruit ½ cup fruit juice
Fat-free milk	2-3	1 cup milk or yogurt 1 ½ oz cheese
Lean meats, poultry, and fish	6 or less	1 oz cooked meats, poultry 1 egg
Nuts, seeds, legumes	4-5 per week	2 tbsp peanut butter 2 tbsp or ½ oz seeds
Fats and oils	2-3	1 tsp soft margarine 1 tbsp mayonnaise
Sweets and added sugars	5 or less per week	1 tbsp sugar 1 tbsp jelly or jam

For additional information on the DASH eating plan, please refer to the following National Institutes of Health website:
http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Heart Attack Prevention

According to the Centers for Disease Control (CDC), approximately 700,000 Americans will suffer their first heart attack and another 500,000 Americans will suffer a recurrent attack every year. Myocardial Infarction, or heart attack, occurs when part of the heart muscle dies due to a lack of oxygen and nutrients. The cause of a heart attack is typically due to plaque build-up on blood vessel walls. These plaques can crack, which can lead to complete blockage of the blood vessel. The symptoms of a heart attack include: chest discomfort, pain in other areas of the upper body,

shortness of breath, a cold sweat, nausea or lightheadedness. If you experience any heart attack symptoms, the American Heart Association advises you to call 9-1-1 immediately.

There are certain risk factors that may put you at an increased risk for a heart attack including smoking, high blood pressure, high cholesterol, stress, and being overweight.

By minimizing these risk factors, you can reduce your risk of suffering a heart attack.



Things you can do to decrease heart attack risk:

- Quit Smoking
- Reduce your LDL (bad) cholesterol
- Lower high blood pressure
- Exercise on a daily basis
- Lose weight
- Reduce stress
- Limit alcohol consumption

How to Read a Nutrition Label

Nutrition Facts

Amount Per Serving		% Daily Value*
Serving Size 1 cup (228g) Servings Per Container 2		
Calories 250	Calories from Fat 110	
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Potassium 700mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



1. Start at top of food label (in the light blue color) to determine what the serving size is and how many servings are in the container. The entire food label is based upon one serving. It is important to figure out how many servings you have consumed in order to be able to determine the nutritional content. In this example, if you ate the whole package, you would need to multiply all nutritional information by 2 since there were 2 servings in the package.

2. Next, look at the calorie information (highlighted above in red). The amount of energy that you get from a serving is reflected by the number of calories. In this example, one serving of this food contains 250 calories.

3. Look at the information that is shaded in yellow. Eating too many of these nutrients can increase your risk for some health problems such as high blood pressure. Therefore, you should limit these nutrients in your diet.

4. The nutrients shaded in green are ones that you should get enough of in your diet. Most Americans do not get enough of these in their diet and you should aim to consume 100% of the recommended daily value. By doing so, you can reduce your risk for certain health conditions such as osteoporosis.

5. The section shaded in orange will appear on packages, if there is room, based upon a 2,000 or 2,500 calorie diet. This section shows experts' opinion on the maximum amount of fat, cholesterol, and sodium a person should consume in a day.

6. Based upon a 2,000 calorie diet, the % daily values are listed for the nutrients. This is shaded in purple in our example food label. This scale will help you figure out which nutrients you eat too much of or those that you do not eat enough of. For example, if you ate 1 serving of this food, you would consume 10% of your daily recommended carbohydrate based upon a 2,000 calorie diet.

Understanding how to read and interpret the food label can help you eat healthier and reduce your risks for certain health conditions such as high blood pressure.

Adapted from: <http://www.cfsan.fda.gov/~dms/foodlab.html>

2008 Changes in ADA Guidelines for Treating Diabetes

Roughly 21 million Americans have diabetes, and about 6 million people are undiagnosed. Each year, the American Diabetes Association (ADA) publishes its standards of medical care for patients with diabetes. Some of the key updates for 2008 are summarized here:

Diagnosis/Prevention/Delay of Type 2 Diabetes

- Consider testing all adults who are overweight or obese and have additional risk factors
- Metformin, an oral medication for diabetes, may be considered in patients at very high risk who are obese and under 60 years old, in addition to lifestyle counseling

General Diabetes Care

- Hemoglobin A1C (a measure of blood sugar control) goal for nonpregnant adults is <7%
- People with severe hypoglycemia (low blood sugar) should be advised to have higher blood sugar targets to avoid hypoglycemic episodes

Diabetes Care in Specific Populations

- Statins (cholesterol medications) are recommended for people over the age of 10 who have LDL cholesterol > 160 mg/dl after nutrition and lifestyle changes
- Thyroid stimulating hormone (TSH) tests should be checked every 1 to 2 years in all patients with diabetes

Adapted from: Summary of Revisions for the 2008 Clinical Practice Recommendations. *Diabetes Care*. 2008;31:S3-4.

RECIPE CORNER

Chicken Stew

8	chicken pieces (breasts or legs)	3 medium	tomatoes, chopped
1 cup	water	1 tsp	parsley, chopped
2 small	garlic cloves, minced	¼ cup	celery, finely chopped
1 small	onion, chopped	2 medium	potatoes, peeled and chopped
1 ½ tsp	salt	2 small	carrots, chopped
½ tsp	pepper	2	bay leaves

Remove all extra fat and skin from chicken. Combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley in a large skillet. Cover and cook for 25 minutes. Add celery, potatoes, carrots, and bay leaves and cook for 15 more minutes or until chicken is tender. Remove bay leaves before serving.

Yield: 8 servings – **Serving Size:** 1 piece of chicken

Each serving provides:

Calories: 206	Sodium: 489 mg
Total fat: 6 g	Calcium: 32 mg
Saturated fat: 2 g	Iron: 2 mg
Cholesterol: 75 mg	



Adapted from: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.com>

Clinical Services Division

333 Rouser Road
Building #4 Suite 503
Moon Township, PA
15108

Member Address Label Here

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