DASH and Heart-Healthy Diet

Asian American diets can be high in salt, which is a risk factor for hypertension. Some other dietary factors that may affect cardiovascular disease (CVD) risk in Asian Americans include:

- White rice: A common staple in many Asian diets, white rice can contribute to low fiber intake. Brown rice is a suggested alternative.
- Oils: Many Asian foods are cooked with palm or coconut oils, which are high in saturated fat. Non-tropical oils like olive, canola, or other vegetable oils can be used instead.
- Preserved or deep-fried foods: These foods can be high in sodium and/or fat.



Some dietary changes that may help lower blood pressure include:



- **Reducing salt:** Studies have shown that reducing dietary salt can lower blood pressure and adverse cardiovascular outcomes.
- **Following the Dietary Approaches to Stop Hypertension (DASH) eating plan:** This plan encourages eating a diet high in fruits, vegetables, low-fat dairy products, whole grains, poultry, fish, and nuts. One study found that participants in the highest DASH diet score category had a 67% lower risk of hypertension.
- **Adding more vegetables:** For example, adding more vegetables to stews in South Asian diets.
- **Seasoning with fresh herbs and spices:** For example, garlic, ginger, lemon juice, onion powder, paprika, rosemary, coriander, dill, sage, cinnamon etc. This can help cut sodium in Northeast Asian diets.
- **Salt Substitute:** Use salt substitute or salt free for all cooking.
- **Switching to low-fat coconut milk:** This can be done in Southeast Asian diets, along with switching from coconut oil to something with lower saturated fat.

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DASH and Heart-Healthy Diet

According to a 2022 study, a Chinese heart-healthy diet (CHH) that's low in sodium and high in potassium, fiber, vegetables, and fruits can help lower blood pressure in adults with high blood pressure.

The CHH diet is based on traditional Chinese cooking methods and dietary culture, and it can be affordable and appetizing.



Here are some Chinese foods that may fit into a CHH diet:

- **Steamed Dumplings:** A healthier alternative to fried dumplings, steamed dumplings can be filled with protein or vegetables.
- **Steamed Fish or Seafood:** Good source of protein and omega 3. This protein often comes with ginger and scallions, which will add flavor to the dish without adding calories or sodium.
- **Stir-Fry Dish with Protein and Veggies:** It's a healthier choice because it's made from a protein source and vegetables.
- **Beef and Broccoli:** This dish has a good balance of protein and fiber.
- **Eggplant with Garlic Sauce:** This vegetable-based dish often includes broccoli and can be a healthy takeout option.
- **Dine or Take Out from restaurants:** Always ask for low salt or no salt options. Request no sauce/dressing or have them on the side to help control the sauce intake. Choose low sodium soy sauce.



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DASH和有益心臟健康的飲食

亞裔美國人的飲食可能含鹽量較高，是高血壓的危險因子。可能影響亞裔美國人心血管疾病(CVD)風險的其他一些飲食因素包括：

- 白米：白米是許多亞洲飲食中的常見主食。白米纖維含量低，建議替換為糙米。
- 油：許多亞洲食物都是用棕櫚油或椰子油烹飪的，這些油富含飽和脂肪。可以使用非熱帶油，例如橄欖油、菜籽油或其他植物油。
- 醃製或油炸食品：這些食物的鈉和/或脂肪含量可能很高。



一些可能有助於降低血壓的飲食改變包括：

- **減少鹽攝取量**：研究表明，減少膳食鹽可以降低血壓和不良心血管結果。
- **遵循控制高血壓的飲食方法 (DASH) 飲食計劃**：該計劃鼓勵多吃水果、蔬菜、低脂乳製品、全穀物、家禽、魚和堅果。一項研究發現，採用最高 DASH 飲食得分類別的參與者患高血壓的風險降低了 67%。



- **攝取更多蔬菜**：在南亞飲食中，在燉菜中添加更多蔬菜。
- **用新鮮香草和香料調味**：例如大蒜、生薑、檸檬汁、洋蔥粉、辣椒粉、迷迭香、香菜、肉桂等。
- **鹽替代品**：所有烹飪均使用鹽替代品或無鹽。
- **改用低脂椰奶**：東南亞飲食中頻繁使用椰子油. 建議從椰子油改用飽和脂肪含量較低的油。

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DASH和有益心臟健康的飲食

根據2022年的一項研究，低鹽、高鉀、纖維、蔬菜和水果的中國有益心臟健康飲食(CHH)有助於降低成人高血壓患者的血壓。

CHH飲食以中國傳統烹飪方法和飲食文化為基礎，既實惠又開胃。



以下是一些可能適合CHH飲食的中國食物：

- **蒸餃**：蒸餃是煎餃的更為健康替代品，可以填充蛋白質或蔬菜。
- **蒸魚或海鮮**：蛋白質和Omega 3 的良好來源。
- **炒菜**：這是一個更健康的選擇，因為它是由蛋白質來源和蔬菜製成的。
- **牛肉和西蘭花**：這道菜的蛋白質和纖維達到了良好的平衡。
- **蒜醬茄子**：這道菜餚通常包括西蘭花，可以作為健康的外帶選擇。
- **在餐廳用餐或外帶**：要求低鹽或無鹽選擇。如果可能的話，要求不加醬料/調味料或放旁邊，以幫助控制醬汁的攝取量。選擇低鹽醬油。



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