

## A child's diet tends to be a lot like their parent's diet.

(Robson et al. 2016)



Set a good example by eating healthy foods!

*High blood pressure in childhood increases the risk for high blood pressure in adulthood.*

(Sun et al. 2017)

A healthy diet like the DASH eating plan can help to lower blood pressure in children.

(Saneei et al. 2013, Couch et al. 2008)

## For more information on the **DASH eating plan:**

- ✓ DASH Eating Plan – National Heart, Lung and Blood Institute  
<https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>
- ✓ DASH diet for Kids  
[https://www.ecu.edu/cs-dhs/pedsweightcenter/CustomCF/protocol/52\\_DashDietKids\\_09.pdf](https://www.ecu.edu/cs-dhs/pedsweightcenter/CustomCF/protocol/52_DashDietKids_09.pdf)

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Saneei P, Hashemipour M, Kelishadi R, Rajaei S, Esmailzadeh A. Effects of recommendations to follow the Dietary Approaches to Stop Hypertension (DASH) diet v. usual dietary advice on childhood metabolic syndrome: a randomised cross-over clinical trial. *Brit J Nutr.* 2013;110:2250-2259.

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This pamphlet offers information, if you need care, contact your provider.



**HEALTHY  
EATING FOR  
CHILDREN  
WITH HIGH  
BLOOD  
PRESSURE**

## Every day, we make over 200 food choices.

(Wansink and Sobal 2007)



Food defaults are choices that we make about what to eat.

Many times, we are not even aware of the food choices that we make.

Usually, they are based on foods that are easily available.

## What Can Parents Do?

Choose healthy defaults by making nutritious foods and beverages the easier choice.

- ✓ Plan and prepare healthy meals ahead of time and pack a lunch for your child to take to school.
- ✓ Eat meals as a family and cook at home when possible.
- ✓ Use herbs and spices in place of salt and keep the salt shaker off the table.
- ✓ Provide milk (low-fat, non-fat, milk substitutes) or water at meals and with snacks.
- ✓ Place cut up fruits and veggies in small containers or bags for an easy snack on the go.
- ✓ When eating out, ask to substitute healthier choices for the soda and fries.

American children's diets are usually low in fruits, vegetables and whole grains.

(Cohen et al. 2017)



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- ❖ Place whole fruit in a bowl where your child can help themselves.
- ❖ Slice vegetables and place at your child's eye level in the refrigerator.
- ❖ Serve fruits and vegetables first and then offer them again at the end of a meal.
- ❖ Stock your pantry with whole grain bread and crackers.