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DASHing to a Healthier Detroit

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There are many food assistance offerings in the Detroit area if you are struggling with food insecurity.

- **SNAP**
  - Wayne Metropolitan Community Action Agency has "Food Distribution Fridays" (https://www.waynemetro.org/food/)
  - Food Pantries (e.g., Focus Hope, Gabriel Richard Center, New Life Food Pantry, etc.)
  - United Way
  - National Diabetes Prevention Program

DASH diet is about healthy eating not specifically intended for weight loss. To optimize health and to encourage weight loss, it is recommended to supplement the DASH diet with exercise. In addition, adjusting the overall calorie intake when using the DASH diet can be an option for those trying to lose weight.

Exercise has the added benefit of reducing blood pressure, giving you more energy, improving mood and sleep quality, reducing stress and relieving symptoms of depression and anxiety. Start with low-intensity exercises like walking and gradually build up the duration, intensity and frequency.

**DASH Guidelines**
- Grains: 6-8 Servings daily
- Vegetables: 4-5 servings daily
- Fruits: 4-5 servings daily
- Dairy: 2-3 servings daily
- Lean meats: 6 oz or less daily
- Fats/oils: 2-3 servings daily
- Sweets: 5 servings per week

**MERGING THE DASH DIET WITH YOUR CURRENT LIFESTYLE**
- Make small changes: Add a serving of vegetables to one meal per day at a time.
- Switch out for whole grains in one meal a day.
- Try sample DASH diet meal plans for inspiration.
- Mayo Clinic 3-day plan: https://tinyurl.com/mtmj4bbp
- Celebrate accomplishments with non-food items.
- Spend time with family and friends.
- Get yourself a congratulatory gift.
- DASH with a friend or family member for support.
- Check in with your doctor regularly.

**Supplement the DASH Diet with exercise**
- Exercise has the added benefit of reducing blood pressure, giving you more energy, improving mood and sleep quality, reducing stress and relieving symptoms of depression and anxiety.
- Start with low-intensity exercises like walking and gradually build up the duration, intensity and frequency.