



Comparative Effects of the DASH Diet and a Dairy-Free Vegetarian Diet on the Gut Microbiome and Blood Pressure in Obese Pre-Hypertensive African American Women at Risk for Cardiovascular Disease

**DO YOU HAVE ELEVATED BLOOD PRESSURE?
ARE YOU INTERESTED IN LEARNING HOW DIETS THAT CAN LOWER BLOOD PRESSURE
EFFECT THE TYPE OF GUT BACTERIA YOU HAVE?**

Rates of high blood pressure remain higher in African American women than White women in the US. These differences are partly due to a greater amount of overweight and obesity among African American women, poor dietary choices and lack of regular physical activity. The DASH (Dietary Approaches to Stop Hypertension) Dietary Pattern, a diet rich in fruits, vegetables, fiber, lean meats & low fat dairy products has been studied and proven to lower blood pressure. We believe the gut may play an important role in the effectiveness of the DASH eating plan.

Morehouse School of Medicine researchers aim to look at the effect of the DASH diet on the bacteria that live in our gut.

YOU CAN PARTICIPATE IN A 4 WEEK DIET STUDY IF YOU ARE:

- African American/Black
- Female
- Age 18-70
- BMI > 30 kg/m²
- Pre-Hypertensive: Systolic Blood Pressure 120-139 or
 Diastolic Blood Pressure 80 - 89
- Omnivore (eat meat and plants)

PARTICIPANTS IN THE 4 WEEK DIET STUDY WILL BE ASKED TO:

- Collect a stool sample
- Provide a breath sample
- Provide a blood sample
- Complete a food record
- Eat a Typical Western Diet for 2 weeks
- Eat a DASH Diet or Dairy-Free Vegetarian diet for 2 weeks
- Have their blood pressure measured
- Have their weight and body fat measured

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