

Table 3 Food groups content of daily meals served to hypertensive and cardiac patients in Jordanian hospitals ($n = 16$): comparison with recommendations of various guidelines for preventing diet-related chronic diseases

Food group	Recommended content according to:		Actual daily food group content of meals in hospitals (servings)
	DASH (servings)	TLC (servings)	
Grains and cereals	6-8	7	8.52
Vegetables	4-5	5	3.26 ^{a,b}
Fruit	4-5	4	1.09 ^{a,b}
Milk	2-3	2-3	1.29 ^{a,b}
Meat	< 6	< 5	6.17 ^b

^a $P \leq 0.05$ versus DASH (1-sample t-test); ^b $P \leq 0.05$ versus TLC (1-sample t-test).

DASH = Dietary Approaches to Stop Hypertension diet plan; TLC = Therapeutic Lifestyle Changes diet plan; World Health Organization recommendations do not define food groups in a similar way as our reported data, hence comparisons were not applicable.