

DASH Eating Plan

Food Group	Servings based on:			Examples Serving Sizes	Comments
	1600 Calories	2000 Calories	3100 Calories		
Grains/Grain products	6 per day	7-8 per day	12-13 per day	1 slice bread ½ - 1 cup ready-to-eat cereal ½ cup cooked rice, pasta, cereal	Choose whole grains. On the food label, look for whole wheat flour as first ingredient and at least 2 grams fiber per serving.
Vegetables	3-4 per day	4-5 per day	6 per day	1 cup raw leafy vegetables ½ cup cooked vegetable 6 oz vegetable juice	Choose variety of vegetables. Rich sources of potassium, magnesium and fiber.
Fruits	4 per day	4 - 5 per day	6 per day	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit 4 oz fruit juice	Choose variety of fruits. Good source of potassium, magnesium and fiber.
Low-fat or fat-free dairy products	2-3 per day	2 - 3 per day	3-4 per day	8 oz 1%, ½ % or skim milk 6-8 oz yogurt 1 ½ oz cheese	Major source of calcium and protein. Choose low-fat and fat-free dairy products.
Lean meats, poultry and fish	1-2 per day	2 per day	2-3 per day	3 oz cooked lean meat, skinless poultry or fish	Choose lean and trim away visible fats. Bake, boil, roast, broil versus frying
Nuts, seeds and dried beans	3 per week	4-5 per week	1 per day	1/3 cup or 1½ oz nuts 1 Tbsp or ½ oz seeds ½ cup cooked dried beans	Rich source of energy, magnesium, potassium, protein and fiber.
Fats and oils	2 per day	2 - 3 per day	4 per day	1 tsp soft tub margarine 1 Tbsp low-fat mayonnaise 2 Tbsp light salad dressing 1 tsp vegetable oil	High in calories. Limit portions. Limit saturated fats (solid at room temperature). Best oils: canola, olive
Sweets	0	5 per week	2 per day	1 Tbsp sugar, jam or jelly ½ oz jelly beans 8 oz lemonade	Sweets should be low in fat

The DASH (**D**ietary **A**pproaches to **S**top **H**ypertension) Study was a National Institutes of Health research project. Following the DASH Eating Plan lowered blood pressure levels in those with normal and elevated blood pressure levels without reducing sodium or using drugs. Source: <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>

How to Lower Calories on the Dash Eating Plan

To increase fruits

- Eat a medium apple instead of 4 shortbread cookies (save 80 calories).
- Eat ¼ cup dried fruit instead of a 2 oz bag of pork rinds (save 230 calories).

To increase vegetables:

- Have a hamburger that's 3 oz meat instead of 6 oz. Add ½ cup of carrots and ½ cup spinach. (save 200 calories)
- Instead of 5 oz chicken, have a stir-fry with 2 oz chicken, 1½ cup raw vegetables and 1 Tbsp oil. (save 50 calories).
- Add fresh or frozen vegetables to soups, pastas or rice.

To increase low-fat or fat-free dairy products:

- Drink skim milk instead of 2% milk (save 30 calories per cup) or whole milk (save 60 calories per cup).
- Have ½ cup low-fat frozen yogurt instead of 1½ oz chocolate bar (save 110 calories).

Other calorie saving tips:

- Use low-fat or fat-free condiments.
- Use half the amount of regular vegetable oil, soft or liquid margarine or salad dressing.
- Eat smaller portions, cutting back gradually.
- Read food labels to compare fat content (low-fat and fat-free does not always mean lower in calories).
- Limit foods with lots of added sugar (pies, cakes, cookies, candy, chocolate, ice cream, sherbet, regular soft drinks and fruit drinks)
- Eat fruits canned in their own juice.
- Snack on fruit, raw vegetables or unbuttered, unsalted popcorn.
- Drink water or club soda.

Tips for reducing salt:

- Eat more fresh, unsalted foods.
- Avoid adding salt to homemade foods. Use spices for flavoring.
- Read food labels and look for:
 - foods with **< 5% of Daily Value** for sodium
 - **≤ 140 mg sodium per serving:** beverages, fats, oils, meat, fish and poultry
 - **≤ 240 mg sodium per serving:** snack foods, desserts, cereals, breads, grains, pasta, processed fruits and vegetables, nut butters, nuts/seeds, salad dressings or condiments
 - **≤ 600 mg sodium per serving:** frozen meals, main dishes, sandwiches or fast foods.
 - **≤ 480 mg per serving:** soups; all other foods