

THE DASH DIET

The Dash eating plan shown below is based on 2,000 calories a day. The number of daily servings in a food group may vary from those listed depending on your caloric needs. Use this chart to help you plan your menus or take it with you when you go to the store.

FOOD GROUP	DAILY SERVINGS	SERVING SIZES	EXAMPLES	SIGNIFICANCE
Grains & Grain Products	7-8	1 slice bread 1 oz dry cereal* ½ cup cooked rice, pasta or cereal	whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal, crackers, unsalted pretzels, popcorn	major source of energy and fiber
Vegetables	4-5	1 cup raw leafy vegetable ½ cup cooked vegetable 6 oz vegetable juice	tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	rich source of potassium, magnesium and fiber
Fruits	4-5	6 oz fruit juice 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit	apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	important source of potassium, magnesium and fiber
Low Fat or Fat-Free Dairy Foods	2-3	8 oz milk 1 cup yogurt 1 ½ oz cheese	fat-free (skim) or low fat (1%) milk, fat-free or low fat buttermilk, fat-free or low fat regular or frozen yogurt, low fat and fat-free cheese	major sources of calcium and protein
Meats, Poultry And Fish	2 or less	3 oz cooked meats, poultry or fish	select only lean; trim away visible fats; broil, roast or boil instead of frying; remove skin from poultry	rich sources of protein and magnesium
Nuts, Seeds And Dry Beans	4-5 per week	⅓ cup or 1 ½ oz nuts 2 Tbsp or ½ oz seeds ½ cup cooked dry beans	almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils, peas	rich source of energy, magnesium, potassium, protein and fiber
Fats & Oils**	2-3	1 Tsp soft margarine 1 Tbsp low fat mayo 2 Tbsp light salad dressing 1 Tsp vegetable oil	soft margarine, low fat mayonnaise, light salad dressing, vegetable oil (such as olive, corn, canola or safflower)	DASH has 27 percent of calories as fat, including that in or added to foods
Sweets	5 per week	1 Tbsp sugar 1 Tbsp jelly or jam ½ oz jelly beans 8 oz lemonade	maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbert, ices	sweets should be low in fat

* Equals ½ - 1 ¼ cup, depending on cereal type. Check the product's nutrition label

** Fat content changes serving counts for fats and oils: For example, 1 Tbsp of regular salad dressing equals 1 serving; 1 Tbsp of a low fat dressing equals ½ serving; 1 Tbsp of a fat-free dressing equals 0 servings