

Following the DASH Eating Plan

Use this chart to help you plan your menus – or take it with you when you go to the store.

Food Group	Servings Per Day			Serving Sizes	Examples and Notes	Significance of Each Food Group to the DASH Eating Plan
	1,600 Calories	2,000 Calories	2,600 Calories			
Grains*	6	6-8	10-11	1 slice bread 1 oz dry cereal† ½ cup cooked rice, pasta, or cereal	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels, popcorn	Major sources of energy and fiber
Vegetables	3-4	4-5	5-6	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich source of potassium, magnesium, and fiber
Fruits	4	4-5	5-6	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Fat-free or low-fat milk and milk products	2-3	2-3	3	1 cup milk or yogurt 1 ½ oz cheese	Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced fat cheese; fat-free or low-fat regular or frozen yogurt	Major sources of calcium and protein
Lean, meats, poultry, and fish	3-6	6 or less	6	1 oz cooked meats, poultry, or fish 1 egg†	Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium

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Nuts, seeds, and legumes	3 per week	4-5 per week	1	1/3 cup or 1 ½ oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dry beans and peas)	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
Fats and oils ^f	2	2-3	3	1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing	Soft margarine, vegetable oil (such as canola, corn, oil, olive, or safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27 percent of calories as fat, including fat in or added to foods
Sweets and added sugars	0	5 or less per week	≤ 2	1 Tbsp sugar 1 Tbsp jelly or jam ½ cup sorbet, gelatin 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat

* Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

†Serving sizes vary between ½ cup and 1 ¼ cups, depending on cereal type. Check the product's Nutrition Facts label.

‡Since eggs are high in cholesterol, limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz of meat.

^f Fat content changes serving amount for fats and oils. For example, 1 Tbsp of regular salad dressing equals one serving; 1 Tbsp of a low-fat dressing equals one-half serving; 1 Tbsp of a fat-free dressing equals zero servings.

Abbreviations: oz=ounce; Tbsp = tablespoon; tsp = teaspoon.

National Heart, Lung, and Blood Institute. (2006). *In brief: Your guide to lowering your blood pressure with DASH.* (p. 6). Retrieved from: http://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf

