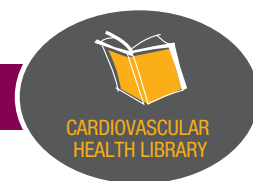


Following the DASH Eating Plan



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

- Follow a healthy eating plan, such as **Dietary Approaches to Stop Hypertension (DASH)**, that includes foods lower in salt and sodium
- Maintain a healthy weight
- Be moderately physically active for at least 30 minutes on most days of the week
- If you drink alcoholic beverages, do so in moderation

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

Food Group	Servings Per Day			Serving Sizes	Examples and Notes	Significance of Each Food Group to the DASH Eating Plan
	1600 Calories	2000 Calories	2600 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 and popcorn	Major sources of energy
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 sources 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 1½ 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
Nuts, seeds, and legumes	3 per week	4-5 per week	1	⅓ cup or 1½ 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[§]	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, 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 1¼ 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.

[§]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.

How Much Are You Moving?

<p>Physical Activity Log: Aim for at least 30 min of moderate-intensity physical activity on most days of the week. When your heart is beating noticeably faster, the activity is probably moderately intense.</p>	<p>30 min 5 min</p>	<p>Moderate walking Cleaning</p>
<p>Record your minutes per day for each activity:</p>	<p>Time:</p>	<p>Type of activity:</p>

Talk to Your Doctor

Always talk to your doctor about what is best for you. Ask your doctor before starting any treatments or making changes in your routine or medicine.