



# Following the DASH Eating Plan

## FOR 1,800 TO 2,000 CALORIES PER DAY

### Grains

6–8 SERVINGS PER DAY

Sources of fiber and magnesium

**SERVING SIZE**

1 slice bread  
1 oz dry cereal  
½ cup cooked rice, pasta, or cereal

**EXAMPLES**

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

### Vegetables

4–5 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

**SERVING SIZE**

1 cup raw leafy vegetable  
½ cup cut-up raw or cooked vegetable  
½ cup vegetable juice

**EXAMPLES**

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

### Fruits

4–5 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

**SERVING SIZE**

1 medium fruit  
¼ cup dried fruit (unsweetened)  
½ cup fresh, frozen, or canned fruit, or fruit juice

**EXAMPLES**

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

### Dairy

2–3 SERVINGS PER DAY

Sources of calcium and protein

**SERVING SIZE**

1 cup milk  
1 cup yogurt  
1½ oz cheese

**EXAMPLES**

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; fortified soy beverage; lactose-free products

### Lean Meats, Fish, Poultry, and Eggs

6 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

**SERVING SIZE**

1 oz cooked meats, fish, or poultry  
1 egg

**EXAMPLES**

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

### Fats and Oils

2–3 SERVINGS PER DAY

Sources of energy and vitamin E

**SERVING SIZE**

1 tsp soft margarine  
1 tsp vegetable oil  
1 tbsp mayonnaise  
2 tbsp salad dressing

**EXAMPLES**

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

### Nuts, Seeds, and Legumes

4–5 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

**SERVING SIZE**

⅓ cup or 1½ oz nuts (unsalted)  
2 tbsp peanut butter  
2 tbsp or ½ oz seeds  
½ cup cooked legumes (dry beans and peas)

**EXAMPLES**

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

### Sweets and Added Sugars

5 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

**SERVING SIZE**

1 tbsp sugar  
1 tbsp jelly or jam  
½ cup sorbet, gelatin  
1 cup lemonade

**EXAMPLES**

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

# Following the DASH Eating Plan

## FOR 1,800 TO 2,000 CALORIES PER DAY



oatmeal

whole wheat bread

brown rice



green beans

kale

vegetable juice



### Grains

6-8 SERVINGS PER DAY

#### Sources of fiber and magnesium

##### SERVING SIZE

1 slice bread

1 oz dry cereal

½ cup cooked rice, pasta, or cereal

##### EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

### Vegetables

4-5 SERVINGS PER DAY

#### Sources of potassium, magnesium, and fiber

##### SERVING SIZE

1 cup raw leafy vegetable

½ cup cut-up raw or cooked vegetable

½ cup vegetable juice

##### EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes



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### Dairy

2-3 SERVINGS PER DAY

Sources of calcium and protein

#### SERVING SIZE

1 cup milk

1 cup yogurt

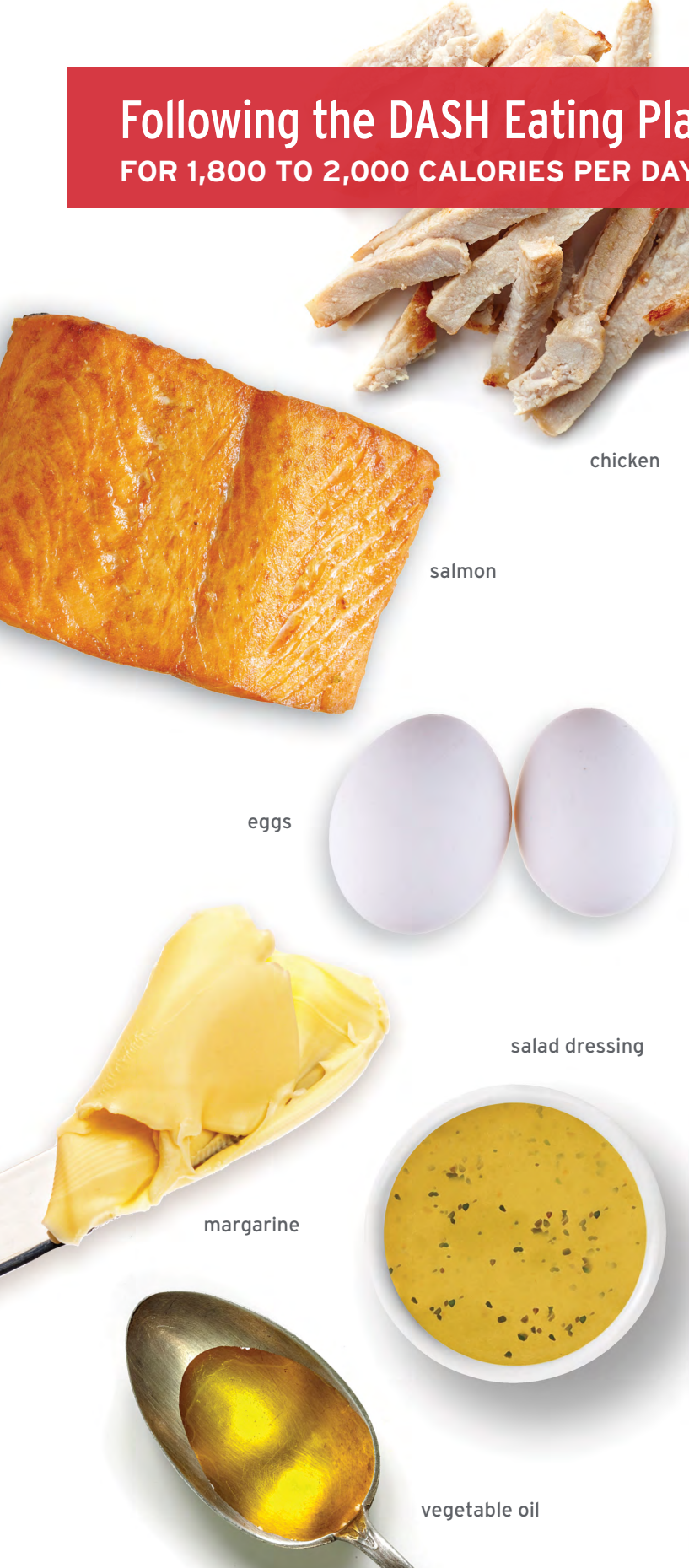
1½ oz cheese

#### EXAMPLES

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; fortified soy beverage; lactose-free products

# Following the DASH Eating Plan

FOR 1,800 TO 2,000 CALORIES PER DAY



chicken

salmon

eggs

salad dressing

margarine

vegetable oil

## Lean Meats, Fish, Poultry, and Eggs

6 SERVINGS OR LESS PER DAY

### Sources of protein and magnesium

#### SERVING SIZE

1 oz cooked meats, fish, or poultry

1 egg

#### EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

## Fats and Oils

2-3 SERVINGS PER DAY

### Sources of energy and vitamin E

#### SERVING SIZE

1 tsp soft margarine

1 tsp vegetable oil

1 tbsp mayonnaise

2 tbsp salad dressing

#### EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing



# Following the DASH Eating Plan

## FOR 1,800 TO 2,000 CALORIES PER DAY

peanut butter



dried beans

sunflower seeds



honey

jam



hard candies

## Nuts, Seeds, and Legumes

4-5 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

### SERVING SIZE

$\frac{1}{3}$  cup or 1½ oz nuts (unsalted)

2 tbsp peanut butter

2 tbsp or  $\frac{1}{2}$  oz seeds

$\frac{1}{2}$  cup cooked legumes (dry beans and peas)

### EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

## Sweets and Added Sugars

5 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

### SERVING SIZE

1 tbsp sugar

1 tbsp jelly or jam

$\frac{1}{2}$  cup sorbet, gelatin

1 cup lemonade

### EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

**DASH EATING PLAN**

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to [www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH).



National Heart, Lung, and Blood Institute