



# Eating Healthy With DASH

The DASH eating plan is very low in sodium—another word for the salt in the foods we eat. The plan includes plenty of fruits, vegetables, and whole grains. These foods are good sources of fiber and important minerals, such as magnesium and potassium. Low-fat or fat-free milk and milk products are included for calcium. Lean meats, fish, poultry, beans, and nuts provide protein. It is the combination of cutting salt and fat and adding certain minerals that makes the DASH eating plan work so well.

Following the DASH plan is simple. Decide how many servings you need from each group, and eat them when you like—at breakfast, lunch, dinner, or as a snack. If you need to lose weight, you may need to eat a smaller number of servings. **Check with your healthcare provider for the number of servings that are right for you.**

**7 to 8 servings of grains and grain products each day**

I need \_\_\_\_\_ servings each day

**One serving equals one of the following:**

- 1 slice of bread
- ½ cup cooked rice, pasta, or cereal
- 1 cup ready-to-eat cereal\*
- ½ biscuit

\*Serving sizes vary between ½ cup – 1¼ cups. Check the product's nutrition label.

**4 to 5 servings of vegetables each day**

I need \_\_\_\_\_ servings each day

**One serving equals one of the following:**

- 1 cup raw leafy vegetables
- ½ cup cooked vegetables
- 6 ounces of vegetable juice

**4 to 5 servings of fruit each day**

I need \_\_\_\_\_ servings each day

**One serving equals one of the following:**

- 1 medium-sized fresh fruit
- ¼ cup dried fruit
- ½ cup fresh, frozen, or canned fruit
- 6 ounces of fruit juice

**For more information on the DASH plan, visit [http://www.nhlbi.nih.gov/hbp/prevent/h\\_eating/h\\_eating.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm)**

**2 to 3 servings of low-fat or fat-free dairy products each day\*\***

I need \_\_\_\_\_ servings each day

**One serving equals one of the following:**

- 1 cup of low-fat (1%) or fat-free milk
- 1 cup of low-fat or fat-free yogurt
- 1 ½ ounces of low-fat cheese

\*\*If you have a hard time with dairy, you may be lactose intolerant. You can buy lactose pills to take with the dairy foods, or buy lactose-free milk.

**2 or less servings of lean meats, poultry, or fish each day**

I need \_\_\_\_\_ servings each day

**One serving equals one of the following:**

- 3 ounces of cooked meat, poultry, or fish (the size of a deck of cards)

**2 to 3 servings of fats each day**

I need \_\_\_\_\_ servings each day

**One serving equals one of the following:**

- 1 teaspoon vegetable oil
- 1 teaspoon margarine
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons low-fat or "light" salad dressing

**4 to 5 servings of nuts, seeds, and dry beans each WEEK**

**One serving equals one of the following:**

- ⅓ cup unsalted nuts
- 1 tablespoon seeds
- ½ cup cooked dried beans

**5 servings of sweets each WEEK**

**One serving equals one of the following:**

- 1 tablespoon sugar
- 1 tablespoon jelly or jam
- 8 ounces of lemonade, fruit punch, or sweet tea

**Example of the DASH eating plan for someone eating 2,000 calories a day:<sup>1</sup>**

Food Group	Daily Servings
Grains	7-8
Vegetables	4-5
Fruits	4-5
Fat-free and low-fat milk and milk products	2-3
Lean meats, poultry, and fish	2 or less
Nuts, seeds, and legumes	4-5 per week
Fats and oils***	2-3
Sweets and added sugars	5 or less per week

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

References: 1. [http://www.nhlbi.nih.gov/hbp/prevent/h\\_eating/h\\_e\\_dash.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_e_dash.htm). Accessed March 18, 2009.

