





The DASH Eating Plan

Food Group	Number of Servings	What Does This Look Like?
Grains	6-8 servings each day	<p>1 serving:</p> <ul style="list-style-type: none"> • 1 slice of bread OR • 1 ounce (about 1 cup) of dry cereal OR • ½ cup cooked cereal, rice or pasta (This is about the size of a tennis ball) 
Meats, Poultry, and Fish	2 servings each day	<p>1 serving:</p> <ul style="list-style-type: none"> • 2 to 3 ounces of cooked lean meat, poultry or fish (This is about the size of a deck of cards) 
Vegetables	4-5 servings each day	<p>1 serving:</p> <ul style="list-style-type: none"> • 1 cup of raw leafy vegetables (This is about the size of a small fist) OR • ½ cup of chopped or cooked vegetables OR • ½ cup of vegetable juice 
Fruit	4-5 servings each day	<p>1 serving:</p> <ul style="list-style-type: none"> • 1 medium fruit (This is about the size of a baseball) OR • ½ cup chopped, cooked or canned fruit OR • ½ cup juice OR • ¼ cup dried fruit 

Low-Fat or Fat-Free Dairy Products	2-3 servings each day	1 serving: <ul style="list-style-type: none"> • 1 cup (8 ounces) of fat-free or low-fat milk or yogurt OR • 1 ½ ounces fat-free or low-fat cheese (This is about the size of 6 dice) 	
Fats and Oils	2-3 servings each day	1 serving: <ul style="list-style-type: none"> • A teaspoon of soft margarine (This is about the size of one die) 	
Sodium	Less than 2,300 mg each day	2,300 mg = 1 teaspoon of salt	
Nuts, Seeds, and Legumes	4-5 servings each week	1 serving: <ul style="list-style-type: none"> • ½ cup cooked dry beans OR • 2 tablespoons of peanut butter (This is about the size of a golf ball) 	
Sweets and Added Sugar	5 or less servings each week	1 serving: <ul style="list-style-type: none"> • 1 tablespoon of jelly or jam OR • 1/2 cup of sorbet OR • 1 cup of lemonade OR • 1 ounce of chocolate (30g) (This is about the size of a packet of dental floss) 	

The DASH eating plan doesn't require special foods. Here are the basics:

1. Eat vegetables, fruits, and whole grains.
2. Include fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
3. Limit sugar-sweetened beverages and sweets.
4. Choose foods low in sodium (salt).
5. Limit foods that are high in trans fat and saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils.
6. Eat foods high in potassium, calcium, magnesium, fiber, and protein.