

THE D·A·S·H DIET

Dietary Approaches to Stop Hypertension



THE DASH DIET RECOMMENDATIONS IN A NUTSHELL:

Food Group	Serving Size	Servings (1,600 calories a day)	Servings (2,000 calories a day)	Notes and Examples
Breads & Cereals	1 slice of bread; ½ cup of cooked cereal, rice, pasta; 1 ounce of dry cereal*	6 each day	6-8 each day	Choose whole grains such as whole-wheat bread, oatmeal, and brown rice.
Vegetables	1 cup of raw leafy vegetables; ½ cup of cooked vegetables; ½ cup of vegetable juice	3-4 each day	4-5 each day	Choose a variety, including tomatoes, potatoes, carrots, peas, squash, greens, broccoli, kale, spinach, and sweet potatoes.
Fruits	1 medium fruit; ½ cup of frozen or canned fruit; ¼ cup of dried fruit; ½ cup of fruit juice	4 each day	4-5 each day	Choose a variety – fresh is best. Try apricots, apples, bananas, grapes, oranges, grapefruit, mangos, melons, peaches, pineapple, berries, and raisins.
Dairy (nonfat or low-fat)	1 cup of milk or yogurt; ½ cup of cottage cheese; 1½ ounces of nonfat cheese	2-3 each day	2-3 each day	Eat mostly low-fat or nonfat milk, yogurt, cheese, cottage cheese.
Proteins	1 ounce of cooked meat, poultry, fish; 1 egg; ⅔ cup of beans or tofu	No more than 6 a day†	No more than 6 a day†	Choose lean meats and trim all fat. Broil, roast, or boil instead of frying. Remove skin from poultry and fish. Choose beans, tofu, or other alternatives to meat.
Nuts & Seeds	¼ cup of nuts; 2 tablespoons of seeds or nut butters	3 per week	4-5 per week	Nuts and seeds protect the heart. Try almonds, filberts, peanuts, walnuts, sunflower seeds, and non-hydrogenated nut butters.
Fats & Oils	1 teaspoon of vegetable oil; 1 teaspoon of soft, trans fat-free margarine; 2 tablespoons of salad dressing	2 a day	2-3 a day	Avoid solid fats. Use non-hydrogenated vegetable oils such as soy, olive, or canola.
Sweets & Sugars	1 tablespoon of jelly or jam; 1 tablespoon of sugar; ½ cup of sorbet or gelatin; 1 cup of lemonade	0	No more than 5 a week	Limit sugars and desserts. Instead, eat melons, grapes, fruit salads, or sugar-free gelatins for dessert.

Limit salt and salty foods (sodium intake should be less than 1,500 mg/day – about 2/3 of a teaspoon of salt).

* Serving sizes vary between ½ cup and 1¼ cups depending on the type of cereal you eat. Check the Nutrition Facts label on the cereal box.

† Limit eggs to 2-3 per week. If you have diabetes, avoid eggs entirely.

Source: National Heart, Lung, & Blood Institute.

