

# DASH *Diet*



This meal plan is based on 2,000 calories a day. Depending on your calorie needs, your number of daily servings may vary from those listed. Consult your doctor or a dietitian to determine your calorie needs.

Food Group	Daily Servings	Serving Size
Grains and grain products	7 to 8	1 slice bread 2 to 1 <sup>1</sup> / <sub>4</sub> cup dry cereal 2 cup cooked rice, pasta, or cereal
Vegetables	4 to 5	1 cup raw leafy vegetables 2 cup cooked vegetable 6 oz vegetable juice
Fruits	4 to 5	6 oz fruit juice 1 medium fruit <sup>1</sup> / <sub>4</sub> cup dried fruit 2 cup fresh, frozen or canned fruit
Low-fat or nonfat dairy foods	2 to 3	8 oz milk 1 cup yogurt 1.5 oz cheese
Meats, poultry, fish	2 or fewer	3 oz cooked lean meat, poultry (skinless white meat), or fish
Nuts, seeds and dry beans	4 to 5 per week	<sup>1</sup> / <sub>3</sub> cup nuts 2 Tbsp seeds <sup>1</sup> / <sub>2</sub> cup legumes
Fats and oils	2 to 3	1 tsp soft margarine or butter 1 tsp regular mayonnaise <i>or</i> 1 Tbsp low-fat mayonnaise 1 Tbsp salad dressing <i>or</i> 2 Tbsp "light" salad dressing 1 tsp oil (olive, corn, canola, safflower, or other)
Sweets	5 per week	1 Tbsp maple syrup, sugar or jelly <sup>1</sup> / <sub>2</sub> cup sherbet 3 pieces of hard candy

(Source: National Heart, Lung, and Blood Institute)