

The Diabetic Dash

It is hard enough to plan your diet when you have high blood pressure or diabetes, but trying to manage both at the same time is even harder. This handout will help you solve the puzzle. Using diabetes portions with your DASH diet will make it much easier to figure out the amounts of food you need from each food group.

STARCHES

This food group includes all grains, cereals, starchy vegetables, dried beans, peas, and lentils. Depending on the amount of calories you consume in your diet, you will need:



Calories

1,600
2,000
2,600
3,100

Amount of servings

6
8
10
13

What is a serving of starch?

Sliced breads, tortillas, rolls (small)	1 slice
Buns, bagels, english muffins	½ each
Cooked cereals	½ cup
Unsweetened ready to eat cereal	¾ cup
Sweetened ready to eat cereals	½ cup
Corn, peas, plantains, winter squash, yams, sweet potato, mashed potatoes, beans (garbanzo, pinto, kidney, etc.), lentils.	½ cup
Baked beans	1/3 cup



VEGETABLE GROUP

This group includes all non-starchy vegetables such as carrots, collards, kale, greens, spinach, artichoke, asparagus, broccoli, onions, tomatoes, okra, mushrooms, zucchini, peppers, etc. These vegetables are great sources of potassium, magnesium, and fiber. Of these you will need:



Calories

1,600
2,000
2,600
3,100

Number of servings

4
5
5
6

What is a serving of vegetables?

Raw	1 cup
Cooked	½ cup
Vegetable juice	6 oz

FRUIT GROUP

This group includes fresh fruits, dried fruits, and fruit juice, which are excellent sources of fiber, potassium, and magnesium. Depending on your diet you will need:

Calories

1,600
2,000
2,600
3,100

Number of servings

4
5
5
6

What is a serving of fruits?

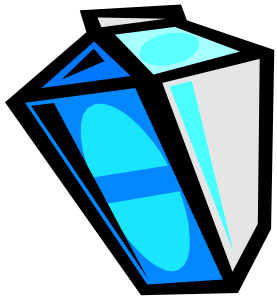
Apples, banana, kiwi, nectarine, orange	1, small
Plums, tangerines, figs (fresh)	2, small
Applesauce (unsweetened), apricots	½ cup



Canned: cherries, fruit cocktail, mango, peaches, pears, plums, pineapple	½ cup
Cantaloupe, honeydew, papaya, raspberries	1 cup
Fruit juice (except for grape or prune juice)	½ cup
Grape juice, prune juice, cranberry cocktail	1/3 cup
Blackberries, blueberries, pineapple	¾ cup
Canned: Grapefruit sections, mandarin Oranges	¾ cup
Strawberries, watermelon, dried figs	1 ¼ cup
Dates, prunes	3 each

DAIRY GROUP

You should choose the low-fat or non-fat versions of these foods. This group includes milk, cheese*, sour cream, frozen yogurt, or ice cream; they are rich sources of calcium and magnesium. Of these you will need:



Calories	Number of servings
1,600	2
2,000	3
2,600	3
3,100	4

What is a serving of dairy?

Skim, 0.5%, 1%, 2%, and whole milk	1 cup
Nonfat, low-fat buttermilk	1 cup
Low-fat chocolate milk	½ cup
Sugar free, nonfat or low-fat yogurt	1 cup
Ice cream	½ cup
Cottage cheese, sour cream	½ cup

*For practical purposes we will consider cheese as a meat substitute, since it does not contain carbohydrate.

MEAT AND MEAT SUBSTITUTES

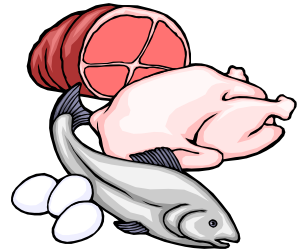
This group will provide us with protein and magnesium. It includes beef, poultry, seafood, and cheese. Of these you will need:

Calories

1,600
2,000
2,600
3,100

Number of servings

1
2
2
2



What is a serving of meat?

Cheese	1 ½ ounce
Lean red meats	3 ounces
Poultry, seafood and fish	3 ounces
Breakfast meat (low-fat)	3 ounces
Egg, medium	2-3 ounces



NUTS AND SEEDS GROUP

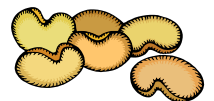
This group includes items that are rich in magnesium, potassium, protein, and dietary fiber. Try to eat unsalted varieties. Depending on your diet, you will need:

Calories

1,600
2,100
2,600
3,100

Number of servings

½
1
1
1



What is a serving?

Almonds, filberts, peanuts, walnuts	1 ½ ounces or 1/3 cup
Seeds, peanut butter	½ ounce or 2 Tbsp.