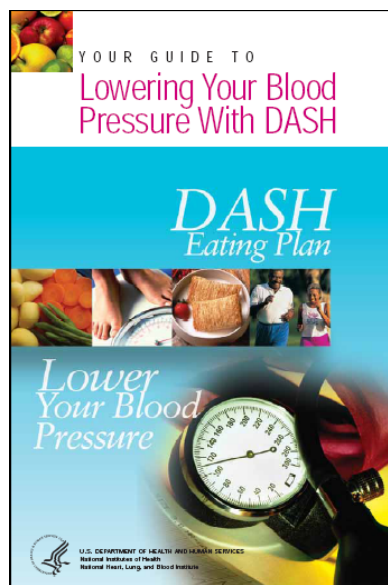


# DASH

## Dietary Approaches to Stop Hypertension



DASH Eating Plan, National Heart, Lung, & Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>  
To Prevent and Treat Hypertension



### 2000 Calories

Grain Group	8 Servings
Fruit Group	5 Servings
Vegetable Group	5 Servings
Dairy Group	3 Servings
Meat & Meat Substitutes	2 Servings
Nuts & Seeds Group	½ to 1 Serving

**DAY ONE**

<b>Breakfast</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Apple Juice	1 ½ cup	2 fruit	Food Lion	0.39
Bran Cereal	1 cup	2 grain	Food Lion	0.52
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
White Bread	1 slice	1 grain	Food Lion	0.10
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
			<b>Total</b>	<b>\$1.32</b>

<b>Lunch</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
<u>Chicken Sandwich</u>				
Chicken breast, no skin	3 oz	1 meat	Food Lion	0.90
Cheese, reduced fat	1 ½ oz	1 dairy	Food Lion	0.21
Lettuce	½ cup	½ veggie		0.20
Tomato	½ cup	½ veggie		0.52
Light mayonnaise	1 Tbsp	1 fat	Dukes	0.05
White bread	2 slices	2 grain	Food Lion	0.20
Orange	1 medium	1 fruit		0.89
			<b>Total</b>	<b>\$2.97</b>

<b>Dinner</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
<u>Spaghetti</u>				
Vegetarian Spaghetti sauce	¾ cup	1 ½ veggie	Food Lion	0.30
Spaghetti	½ cup	1 grain	Food Lion	0.19
Parmesan cheese	1 Tbsp	1 dairy	Food Lion	0.17
Green beans	½ cup	1 veggie	Food Lion	0.16
Dinner roll	1 medium	1 grain	Food Lion	0.1

<u>Spinach Salad</u>				
Spinach, raw	1 cup	1 veggie	Fresh Express	0.95
Mushrooms, raw	½ cup	½ veggie		1.32
Croutons	½ cup	½ grain	Food Lion	0.84
Italian dressing, low fat	2 Tbsp	1 fat	Food Lion	0.09
			<b>Total</b>	<b>\$4.12</b>

<b>Snack</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Orange juice	¾ cup	1 fruit	Food Lion	0.24
Banana	1 medium	1 fruit		0.29
			<b>Total</b>	<b>\$0.52</b>
			<b>Daily Total</b>	<b>\$8.94*</b>

\*May range from \$7.04 to \$8.94 depending on market prices.

## DAY TWO

<b>Breakfast</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Orange Juice	1 ½ cup	2 fruit	Food Lion	0.48
Oatmeal	½ cup	1 grain	Food Lion	0.32
White Bread	1 slice	1 grain	Food Lion	0.10
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
Banana	1 medium	1 fruit		0.29
			<b>Total</b>	<b>\$1.45</b>
<b>Lunch</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
<u>BBQ beef sandwich</u>				
Lean beef	3 oz.	1 meat	Food Lion	1.35
BBQ sauce	1 Tbsp		Hunt's	0.12
Roll, whole	1 large	2 grain	Food Lion	0.15
Boiled Potatoes	1 cup	2 veggie		0.40
Cheddar cheese, natural	1 ½ oz.	1 dairy	Kraft	0.53
<u>Salad</u>				
Lettuce	½ cup	½ veggie		0.20
Tomato	½ cup	½ veggie		0.52
Green pepper	¼ cup	¼ veggie		0.13
Salad dressing, low fat	2 Tbsp	1 fat	Food Lion	0.09
Grape juice	¾ cup	1 fruit	Food Lion	0.18
			<b>Total</b>	<b>\$3.67</b>
<b>Dinner</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Whiting fish	3 oz	1 meat	Food Lion	0.62
Rice	1 cup	2 grain	Food Lion	0.24
<u>Three-bean salad</u>				
Kidney beans	½ cup	1 nuts/legumes	Food Lion	0.12
Green beans	½ cup	1 veggie	Food Lion	0.16
Yellow beans	½ cup	1 veggie	DelMonte	0.28
Italian dressing, low fat	2 Tbsp	1 fat	Food Lion	0.09
Corn muffin	1 medium	1 grain	Jiffy	0.05
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
			<b>Total</b>	<b>\$1.62</b>
<b>Snack</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Dried fruit mixture	¼ cup	1 fruit		0.54
Yogurt, low fat	1 cup	1 dairy	Food Lion	0.62
Mini pretzels	1 oz	1 grain	Food Lion	0.16
			<b>Total</b>	<b>\$1.32</b>
			<b>Daily Total</b>	<b>\$8.06*</b>

\*May range from \$6.64 to \$8.06 depending on market prices.

### **DAY THREE**

<b>Breakfast</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Orange Juice	1 ½ cup	2 fruit	Food Lion	0.48
Cornflakes	1 cup	1 grain	Food Lion	0.20
White Bread	1 slice	1 grain	Food Lion	0.10
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
			<b>Total</b>	<b>\$1.09</b>

<b>Lunch</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Ham, lean, low sodium	3 oz	1 meat	Food Lion	1.35
Cheese, reduced fat	1 ½ oz	1 dairy	Food Lion	0.21
White bread	2 slices	2 grain	Food Lion	0.20
Lettuce	½ cup	½ veggie		0.20
Tomato	½ cup	½ veggie		0.52
Mustard	1 tsp		Food Lion	0.01
Apple	1 medium	1 fruit		0.55
			<b>Total</b>	<b>\$3.04</b>

<b>Dinner</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Chicken with Spanish Rice	1 ½ cup	2 grain 2 veggie 1 meat	Food Lion	2.55
Green peas	1 cup	2 veggie	Food Lion	0.32
Corn muffin	1 medium	1 grain	Jiffy	0.05
Melon balls	1 cup	2 fruit		0.74
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
			<b>Total</b>	<b>\$4.17</b>

<b>Snack</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Almonds	1/3 cup	1 nuts/legumes	Planters	0.47
Orange	1 medium	1 fruit		0.89
			<b>Total</b>	<b>\$1.36</b>
			<b>Daily Total</b>	<b>\$9.66*</b>

\*May range from \$8.34 to \$9.66 depending on market prices.

## DAY FOUR

<b>Breakfast</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Apple Juice	1 ½ cup	2 fruit	Food Lion	0.39
English muffin	1 whole	2 grain	Thomas	0.50
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
			<b>Total</b>	<b>\$1.20</b>
<b>Lunch</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Tuna, water-packed (rinsed and drained)	3 oz (½ can)	1 meat	Starkist	0.40
White bread	2 slices	2 grain	Food Lion	0.20
Lettuce	½ cup	½ veggie		0.20
Tomato	½ cup	½ veggie		0.52
Light mayonnaise	1 Tbsp	1 fat	Duke's	0.05
Carrot sticks	¼ cup	½ veggie		
Broccoli	½ cup	1 veggie		0.18
Cheese, reduced fat	1 ½ oz	1 dairy	Food Lion	0.21
Cranberry juice	¾ cup	1 fruit	Food Lion	0.28
			<b>Total</b>	<b>\$2.19</b>
<b>Dinner</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Chicken breast, no skin	3 oz	1 meat	Food Lion	0.90
Rice	1 cup	2 grain	Food Lion	0.24
Stewed tomatoes	½ cup	1 veggie	No Salt Added DelMonte	0.12
Spinach, cooked	½ cup	1 veggie	Food Lion	0.10
Dinner roll	1 medium	1 grain	Food Lion	0.10
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
			<b>Total</b>	<b>\$1.77</b>
<b>Snack</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Mixed nuts	1/3 cup	1 nuts/legumes	Planters	0.30
Apricots, dried	¼ cup	2 fruit	Anne's House of Nuts	0.33
Mini pretzels	1 oz	1 grain	Food Lion	0.16
Banana	1 medium	1 fruit		0.29
			<b>Total</b>	<b>\$1.08</b>
			<b>Daily Total</b>	<b>\$6.24*</b>

\*May range from \$4.57 to \$6.24 depending on market prices.

**DAY FIVE**

<b>Breakfast</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Orange Juice	1 ½ cup	2 fruit	Food Lion	0.48
Yogurt, low fat	1 cup	1 dairy	Food Lion	0.62
Fruit Granola Bars, low fat	1	1 grain	Nature Valley	0.59
Corn flakes	1 cup	1 grain	Food Lion	0.20
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
			<b>Total</b>	<b>\$2.14</b>

<b>Lunch</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Turkey breast	3 oz	1 meat		0.63
White bread	2 slices	2 grain	Food Lion	0.20
Lettuce	½ cup	½ veggie		0.20
Tomato	½ cup	½ veggie		0.52
Light mayonnaise	1 Tbsp	1 fat	Duke's	0.05
Carrot sticks	¼ cup	½ veggie		
Banana	1 medium	1 fruit		0.29
			<b>Total</b>	<b>\$1.89</b>

<b>Dinner</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Whiting fish	3 oz	1 meat	Food Lion	0.62
Rice	1 cup	2 grain	Food Lion	0.24
Zucchini, cooked	½ cup	1 veggie	DelMonte	0.16
Spinach, cooked	1 cup	2 veggie	Food Lion	0.20
Dinner roll	1 medium	1 grain	Food Lion	0.1
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
Melon balls	½ cup	1 fruit		0.50
			<b>Total</b>	<b>\$2.13</b>

<b>Snack</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Peanuts	1/3 cup	1 nuts/legumes	Food Lion	0.18
Apricots, dried	¼ cup	2 fruit	Anne's House of Nuts	0.33
			<b>Total</b>	<b>\$0.51</b>
			<b>Daily Total</b>	<b>\$6.67*</b>

\*May range from \$5.10 to \$6.67 depending on market prices.

## DAY SIX

<b>Breakfast</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Orange Juice	½ cup	1 fruit	Food Lion	0.16
Bran Cereal	1 cup	2 grain	Food Lion	0.52
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
White Bread	1 slice	1 grain	Food Lion	0.10
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
Banana	1 medium	1 fruit		0.29
			<b>Total</b>	<b>\$1.38</b>

<b>Lunch</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
<u>Chicken salad sandwich</u>				
Chicken salad	¾ cup	1 meat	Sedgefield	0.68
Tomato	½ cup	½ veggie		0.52
Whole wheat pita bread	1	2 grain	Food Lion	0.50
Apple	1 medium	1 fruit		0.55
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
			<b>Total</b>	<b>\$2.50</b>

<b>Dinner</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Roast beef, lean	3 oz	1 meat	Food Lion	0.99
Baked potato	1 large	2 veggie		0.79
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
Green beans	½ cup	1 veggie	Food Lion	0.16
Dinner roll	1 medium	1 grain	Food Lion	0.1
Canned Peaches	½ cup	1 fruit	Food Lion	0.33
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
			<b>Total</b>	<b>\$2.59</b>

<b>Snack</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Orange juice	¾ cup	1 fruit	Food Lion	0.24
Almonds	1/3 cup	1 nuts/legumes	Planters	0.47
Yogurt, low fat	1 cup	1 dairy	Food Lion	0.62
Mini pretzels	1 oz	1 grain	Food Lion	0.16
			<b>Total</b>	<b>\$1.49</b>
			<b>Daily Total</b>	<b>\$7.96*</b>

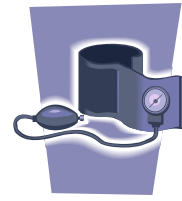
\*May range from \$6.16 to \$7.96 depending on market prices.

## DAY SEVEN

<b>Breakfast</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Grape Juice	¾ cup	1 fruit	Food Lion	0.18
Corn flakes	1 cup	2 grain	Food Lion	0.20
1% low fat milk	1 cup	1 dairy	Food Lion	0.25
White Bread	1 slice	1 grain	Food Lion	0.10
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
Banana	1 medium	1 fruit		0.29
			<b>Total</b>	<b>\$1.08</b>
<b>Lunch</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
<u>Tuna salad sandwich:</u>				
Tuna, water-packed (rinsed and drained)	3 oz (½ can)	1 meat	Starkist	0.40
Light mayonnaise	1 Tbsp	1 fat	Duke's	0.05
Lettuce	1 cup	1 veggie		0.22
Tomato	½ cup	½ veggie		0.52
White bread	2 slices	2 grain	Food Lion	0.20
Orange juice	¾ cup	1 fruit	Food Lion	0.24
Apple	1 medium	1 fruit		0.55
			<b>Total</b>	<b>\$2.18</b>
<b>Dinner</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
<u>Lasagna with meat sauce</u>				
Lasagna with meat sauce	1 cup	1 grain 1 meat ½ veggie ¼ dairy	Stouffers	1.36
Green beans	½ cup	1 veggie	Food Lion	0.16
<u>Spinach salad:</u>				
Spinach, raw	1 ½ cup	1 ½ veggie	Fresh Express	1.42
Tomato	½ cup	½ veggie		0.52
Parmesan cheese	1 tsp	¼ dairy		0.03
<u>Oil &amp; vinegar salad dressing</u>				
Vegetable oil	2 tsp	2 fat	Food Lion	0.02
Vinegar	1 tsp		Food Lion	0.01
Dinner roll	1 medium	1 grain	Food Lion	0.10
Soft Margarine	1 tsp	1 fat	Food Lion	0.06
			<b>Total</b>	<b>\$3.68</b>
<b>Snack</b>	<b>Amount</b>	<b>Servings</b>	<b>Suggested Item</b>	<b>Cost</b>
Almonds	1/3 cup	1 nuts/legumes	Planters	0.47
Raisins	¼ cup	1 fruit	Food Lion	0.21
Yogurt, low fat	1 cup	1 dairy	Food Lion	0.62
			<b>Total</b>	<b>\$1.30</b>
			<b>Daily Total</b>	<b>\$8.24*</b>

\*May range from \$5.89 to \$8.24 depending on market prices.

## **Tips to adopt the DASH eating plan**



- Make changes gradually.
- Begin by adding a serving of vegetables at lunch or dinner.
- Gradually increase the fat-free and low-fat dairy products to three servings a day.
- Treat meat as a part of the meal, instead of the focus.
- Limit meat to 6 ounces per day. A deck of cards is about the size of 3 ounces.
- Use fruit as a dessert. Try canned fruit in its own juice or dried fruit when on the run.
- Choose whole grain foods to get added nutrients.
- Choose products that are low- or reduced sodium, or no salt added versions of foods and condiments when available.
- Snack on fruit, vegetable sticks, unbuttered and unsalted popcorn, or breadsticks.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes which usually have added salt.
- Rinse canned foods, such as tuna, to remove some sodium.

## **Reduce Sodium When Eating Out**



- Ask how foods are prepared and request food be prepared without added salt, MSG, or other salt-containing ingredients.
- Avoid preparation methods which indicate a high salt content such as pickled or cured and also become aware of ingredients such as soy sauce and broth which may be high in salt.
- Limit condiments such as mustard, catsup, pickles, and sauces with salt-containing ingredients.

**DASH your way to better health!**

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