

## the DASH diet

sample menu – based on 2,000 calories/day

Food	Amount	Servings Provided
<i>Breakfast</i>		
Orange juice	6 oz	1 fruit
1% low-fat milk	8oz (1 c)	1 dairy
corn flakes (with 1 tsp sugar)	1 c	2 grains
banana	1 medium	1 fruit
whole wheat bread (with 1 Tbsp Jelly)	1 slice	1 grain
soft margarine	1 tsp	1 fat
<i>Lunch</i>		
Chicken salad	¾ c	1 poultry
Pita Bread	½, large	1 grain
Raw Vegetable		1 vegetable
Carrots and celery Sticks	3-4	
Radishes	2	
Loose-leaf lettuce	2 leaves	
Part-skim Mozzarella Cheese	1.5 slice (1.5 oz)	1 dairy
1% low-fat milk	8 oz (1 c)	1 dairy
Fruit cocktail in light syrup	½ c	1 dairy
<i>Dinner</i>		
Herbed baked cod	3 oz	1 fish
Onion rice	1 c	2 grains
Steamed broccoli	½ c	1 vegetable
Stewed tomatoes	½ c	1 vegetable
Spinach salad:		1 vegetable
Raw spinach	½ c	
Cherry tomatoes	2	
Cucumber	2 slices	
Light Italian Salad Dressing	1 Tbsp	½ fat
Whole wheat Dinner roll	1 small	1 grain
Soft margarine	1 tsp	1 fat
Mixed fruit	½ c	1 fruit
<i>Snacks</i>		
Raisins	1 oz (1/4 c)	1 fruit
Mini-pretzels	1oz (3/4c)	1 grain
Mixed nuts (including almonds)	1.5 oz (1/3 c)	1 nuts
diet ginger ale	12 oz	0

Total number of servings in  
2,000 calories/day menu:

Food Group	Servings
Grains	= 8
Vegetables	= 4
Fruits	= 5
Dairy Foods	= 3
Meats, Poultry and Fish	= 2
Nuts, Seeds, and Legumes	= 1
Fats and Oils	= 2.5

Tips on Eating the DASH Way:

- Start small. Make gradual changes in your eating habits.
- Center your meal around carbohydrates, such as pasta, rice, beans, or vegetables.
- Treat meat as one part of the whole meal, instead of the focus.
- Use fruits or low-fat, low-calorie foods such as sugar-free gelatin for desserts and snacks.

**REMEMBER!** *If you use the DASH diet to help prevent or control high blood pressure, make it part of a lifestyle that includes choosing foods lower in salt and sodium, keeping a healthy weight, being physically active, and, if you drink alcohol, doing so in moderation.*

*the DASH diet*

*The DASH eating plan shown below is based on 2,000 calories a day. Depending on your caloric needs, your number of daily servings in a food group may vary from those listed.*

This eating plan is from the “Dietary Approaches to Stop Hypertension” (DASH) clinical study, supported by the National Institutes of Health. The DASH combination diet lowered blood pressure and, so, may help prevent and control high blood pressure.

Food Group	Daily Servings	Serving Sizes	Examples and Notes	Significance of Each Food Group to the DASH Diet Pattern
Grains and grain products	7-8	1 slice bread ½ c dry cereal ½ c cooked rice, pasta, or cereal	whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal, corn bread	major sources of energy and fiber
Vegetables	4-5	1 c raw leafy veg. ½ c cooked veg. 6 oz veg. juice	tomatoes, potatoes, carrots, peas, squash, broccoli, turnip greens, collards, kale, spinach, cauliflower, beans, sweet potatoes	rich sources of potassium, magnesium, and fiber
Fruits	4-5	6 oz fruit juice 1 medium fruit ¼ c dried fruit ¼ c fresh, frozen, or canned fruit	apricots, bananas, grapes, oranges, orange juice, grapefruit, nectarines, melons, peaches, pineapples, raisins, strawberries, tangerines	important sources of potassium, magnesium, and fiber
Low-fat or nonfat dairy foods	2-3	8 oz milk 1 c yogurt 1.5 oz cheese	skim or 1% milk, skim or low-fat buttermilk, nonfat or low-fat yogurt, part-skim mozzarella cheese, nonfat cheese	major sources of calcium and protein
Meats, poultry, and fish	2 or less	3 oz cooked meats, poultry, or fish	select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry	rich sources of protein and magnesium
Nuts, seeds, and legumes	4-5 per week	1.5 oz or 1/3 c nuts ½ oz or 2 Tbsp seeds ½ c cooked legumes	almonds, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils, filberts	rich sources of energy, magnesium, potassium, protein, and fiber

The American Academy of Family Physicians Foundation has favorably reviewed this material. Favorable review means that medical information is accurate, but does not imply endorsement of any conclusion presented.