

# DASH Eating Plan

## Dietary Approaches to Stop Hypertension

Eating nutritious foods will help you control your blood pressure. The DASH diet emphasizes fruits and vegetables, low fat milk products, and whole grains. It is a Mediterranean diet full of nutrients that are good for your heart and good for your health. This eating plan is for 1,800 calories per day. The sample menu on the following page is based on this plan.

Food Group	Servings	Serving Size	Examples
 Vegetables	4-5 per Day	1 cup raw leafy greens 1/2 cup chopped raw or cooked vegetables 1/2 cup vegetable juice	Lettuce, kale, spinach, broccoli, carrots, green beans, squash, sweet potatoes, tomatoes, asparagus, green peppers, low sodium tomato juice
 Fruits	4 per Day	1 medium fruit 1/2 cup cut fresh, frozen or canned fruit 1/4 cup dried fruit 1/2 cup 100% fruit juice	Apples, bananas, berries, oranges, pineapple, peaches, pears, grapes, melons, raisins, dried apricots <i>Limit juice to one serving a day</i>
 Grains	6-7 per Day	1 slice of bread 1/2 - 1 cup dry cereal 1/2 cup cooked rice, pasta or grain	Whole wheat bread and rolls, whole wheat pasta, English muffin, brown rice, pita bread, popcorn, oatmeal, quinoa, unsalted pretzels
 1% Fat or Non-Fat Milk and Dairy Products	2-3 per Day	1 cup milk or yogurt 1 1/2 ounce cheese	1% fat or non-fat milk, reduced fat cheese, fat free or low fat regular or frozen yogurt
 Poultry, Fish, Lean Meats	4-6 ounces per Day	1 ounce cooked meat, poultry or fish 1 egg = 1 ounce serving	Choose lean meat and trim visible fat, remove skin from poultry. Bake, broil or poach
 Beans, Nuts, Seeds	4 per Week	1/3 cup or 1 1/2 ounce nuts 2 tablespoons peanut butter 2 tablespoons or 1/2 ounce seeds 1/2 cup cooked beans or dry peas	Almonds, walnuts, sunflower seeds, peanuts, peanut butter, kidney beans, pinto beans, lentils, split peas
 Oils, Fats	2 per Day	1 teaspoon soft margarine 1 teaspoon vegetable oil	Soft margarine, vegetable oils (canola, corn, olive or safflower), low fat mayonnaise, light salad dressing
 Desserts, Sweets, Added Sugars	4 or less per Week	1 tablespoon jelly 1/2 cup sorbet 1 small cookie	Jams and jellies, fruit punch, hard candy, maple syrup, sorbet and ices, sugar

# Sample DASH Menu

This menu follows the DASH eating plan outlined on the previous page.

Serving guideline	Sample menu
<b>Breakfast</b>	
2 grains 1 fruit	1 cup cooked oatmeal 1/2 cup canned pears, packed in juice
<b>Morning Snack</b>	
1 fruit 1 dairy	1 small banana 1 cup yogurt
<b>Lunch</b>	
2 grains 2 vegetables 1 dairy 2 ounces protein  1 vegetable	Turkey Sandwich: 2 slices whole grain bread 2 slices of tomato & 2 large romaine lettuce leaves 1 slice low sodium Swiss cheese 2 ounces sliced turkey 1 tablespoon mustard 1/2 cup low sodium vegetable juice
<b>Afternoon Snack</b>	
1 fruit 1/3 cup nuts	1 apple 1/3 cup almonds
<b>Dinner</b>	
2 grains 3 ounces protein 2 fats or oils 2 vegetables  1 dairy 1 fruit	Baked Fish with Rice and Vegetables 1/2 cup cooked brown rice 3 ounces baked fish with 1 tablespoon oil 1/2 medium sweet potato 1/2 cup cooked green beans 1 cup non-fat milk 1/2 cup sliced strawberries





## Where do I start?

1. First write down everything you eat in a day.
2. Compare your meals to the DASH eating plan.
3. Online tools to track your foods and physical activity are also available. Try [supertracker.usda.gov](http://supertracker.usda.gov).

### Tips for using a DASH eating plan:

- Choose fruit for an easy to grab snack. Try fruit that is ready to eat like apples, bananas or canned cut fruit. Pick canned fruit that is canned in juice.
- Try casseroles, pasta and stir-fry dishes. They are great ways to use less meat and more vegetables, beans and grains.
- Add an extra vegetable serving to your lunch and dinner.
- Wash and cut up fresh vegetables and keep them in a clear container in the fridge. This will save you time when you want to use them.
- Keep frozen vegetables handy to add to stir-frys, casseroles, homemade soups and sauces.
- Choose whole grain products whenever you can. They will help fill you up and add fiber to your diet.
- Include low-fat milk with meals. Replace sweetened drinks with low-fat milk. Add low-fat milk to cooked cereals and homemade soups.
- Slowly reduce your portion size of meat, poultry, or fish. Fill your plate with more vegetables instead.
- Snack on low-fat yogurt or a small piece of low-fat cheese.
- Take the saltshaker off the table. Do not add salt when cooking, or cut the amount in half.
- Avoid processed foods.



## Divide your plate as a guide.

Fill 1/2 of your plate with vegetables.

Fill 1/4 with a whole grain.

Fill the other 1/4 with lean meat, poultry, fish or beans.

Have a salad and milk on the side.

Add fruit for a sweet treat.

## What's your serving size?

Compare the size of your food portions to the serving sizes listed in the DASH eating plan and sample menu. Use these common objects to help you estimate the amounts of food to eat, especially when you are not able to weigh or measure the food.



Baseball  
= 1 cup



Deck of cards  
= 3 oz meat



Golf ball  
= 1 oz or 2 tbsp



CD/DVD  
= 1 oz sliced meat



9 volt battery  
= 1 oz cheese

## Where is the salt?

Most of the salt we eat comes from processed packaged and restaurant foods, rather than a saltshaker at the table. Check Nutrition Facts labels to compare sodium content.



**77%**  
is from packaged  
and restaurant food.



**11%**  
is from salt added  
to food while  
cooking and eating.



**12%**  
is naturally occurring  
in foods.

### Nutrition Facts

Serving Size 1/2 cup (130 g)  
Servings per container: About 3.5

#### Amount Per Serving

**Calories** 130      **Calories From Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0 mg      **0%**

**Sodium** 530mg      **23%**

**Total Carbohydrate** 29g      **10%**

Dietary Fiber 5g      **20%**

Sugars 12g

**Protein** 6g

Vitamin A 0%      • Vitamin C 0%

Calcium 4%      • Iron 10%

\*Percent daily values are based on a 2,000 calorie diet.

The amount of salt in food is listed as "Sodium" on the Nutrition Facts label. In general, adults should eat less than 2,300 mg of sodium per day (about a teaspoon of table salt). People with high blood pressure should limit intake to 1,500 mg per day. On Nutrition Facts labels a % Daily Value above 20% for sodium is considered high. Try to select foods that provide 5% or less per serving.