

DAILY DASH DIET TRACKER

Based on a 2,000 Calorie Daily Goal

FOOD GROUP	SERVINGS	DAILY TALLY	EXAMPLES & SERVING SIZE
Grains	6-8		1 slice bread, 1 oz dry cereal, 1/2 cup cooked rice/pasta.
Vegetables	4-5		1 cup leafy greens, 1/2 cup chopped raw/cooked veg.
Fruits	4-5		1 medium fruit, 1/2 cup fresh/frozen/canned fruit.
Dairy (Low-Fat)	2-3		1 cup milk/yogurt, 1.5 oz cheese.
Lean Meats	4-6		1 oz cooked poultry/fish, 1 egg.
Fats & Oils	2-3		1 tsp soft margarine, 1 tsp vegetable oil, 1 tbsp mayo.
Nuts & Seeds	4-5 /wk		1/3 cup nuts, 2 tbsp seeds, 1/2 cup cooked legumes.

Sodium Goal: 1,500mg - 2,300mg per day