

DASH DIET DAILY GUIDE

Based on a 2,000 Calorie/Day Standard

Food Group	Servings	What constitutes 1 serving?
Grains	6-8	1 slice bread; 1 oz dry cereal; 1/2 cup cooked rice, pasta, or cereal.
Vegetables	4-5	1 cup raw leafy vegetable; 1/2 cup cut-up raw or cooked vegetable; 1/2 cup vegetable juice.
Fruits	4-5	1 medium fruit; 1/2 cup fresh, frozen, or canned fruit; 1/2 cup fruit juice.
Fat-free or Low-fat Dairy	2-3	1 cup milk or yogurt; 1.5 oz cheese.
Lean Meats, Poultry, Fish	6 or less	1 oz cooked meats, poultry, or fish; 1 egg.
Nuts, Seeds, Legumes	4-5 / week	1/3 cup nuts; 2 tbsp peanut butter; 2 tbsp seeds; 1/2 cup cooked legumes.

Food Group	Servings	What constitutes 1 serving?
Fats and Oils	2-3	1 tsp soft margarine; 1 tsp vegetable oil; 1 tbsp mayonnaise; 2 tbsp salad dressing.
Sweets/Added Sugars	5 or less / week	1 tbsp sugar; 1 tbsp jelly or jam; 1/2 cup sorbet; 1 cup lemonade.

Note: Aim for less than 2,300 mg of sodium per day (1,500 mg for optimal blood pressure reduction).