

DASH DIET: FATS & OILS

Reference Guide for Daily Servings

Daily Goal: 2 - 3 Servings per day

FOOD ITEM	SERVING SIZE (1 SERVING)	TYPE
Vegetable Oil (Canola, Olive, Corn)	1 tsp	Monounsaturated / Polyunsaturated
Soft Margarine	1 tsp	Low-Saturated Fat
Low-fat Mayonnaise	1 tbsp	Lower Calorie
Light Salad Dressing	2 tbsp	Oil-based
Regular Salad Dressing	1 tbsp	Oil-based
Avocado	1/8 medium	Healthy Fat

Note: DASH focuses on limiting saturated fats. Avoid butter, coconut oil, and palm oil. One serving of fat equals approximately 5 grams of total fat and 45 calories.