

DASH DIET DAILY SERVING GUIDE

Based on a 2,000 Calorie Daily Intake

Food Group	Daily Servings	What is 1 Serving?
Grains	6 - 8	1 slice bread 1 oz dry cereal 1/2 cup cooked rice or pasta
Vegetables	4 - 5	1 cup raw leafy veg 1/2 cup cut-up raw or cooked veg 1/2 cup vegetable juice
Fruits	4 - 5	1 medium fruit 1/2 cup fresh, frozen, or canned 1/2 cup fruit juice
Dairy (Low-Fat)	2 - 3	1 cup milk or yogurt 1.5 oz natural cheese
Lean Meats / Fish	6 or less	1 oz cooked meat, poultry, or fish 1 egg
Nuts, Seeds, Legumes	4 - 5 / week	1/3 cup nuts 2 tbsp nut butter 1/2 cup cooked legumes

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Fats and Oils	2 - 3	1 tsp soft margarine 1 tsp vegetable oil 2 tbsp salad dressing
Sweets	5 or less / week	1 tbsp sugar or jam 1 cup lemonade