

DASH DIET SERVING GUIDE

Daily Grains & Vegetables Tracking Chart

Target: 2,000 Calories / Day Date: _____

FOOD GROUP	DAILY SERVINGS	WHAT IS 1 SERVING?	DAILY TRACKER
Grains		1 slice bread 1 oz dry cereal 1/2 cup cooked rice, pasta, or cereal	
Vegetables		1 cup raw leafy vegetable 1/2 cup cut-up raw or cooked veg 1/2 cup vegetable juice	

Quick Tips:

- Choose whole grains (whole wheat, oats, brown rice) for extra fiber.
- Choose colorful vegetables (spinach, carrots, broccoli) for more nutrients.
- Prepare vegetables with little or no added salt or fats.

Dietary Approaches to Stop Hypertension (DASH) – Template Reference Only