

DASH DIET SERVING CHART

Lean Meats, Poultry, and Fish

Daily Goal: 6 servings or less per day

Lean Red Meat	1 oz (cooked)	Trim all visible fat; Select "Loin" or "Round"
Skinless Poultry	1 oz (cooked)	Chicken or Turkey; Remove skin before eating
Fish / Seafood	1 oz (cooked)	Focus on oily fish like Salmon or Mackerel
Egg	1 Large Egg	Limit yolks to 4 per week

Visual Guide: 3 oz of meat is approximately the size of a deck of cards or the palm of a hand.

Cooking Methods: Broil, grill, roast, or poach instead of frying. Limit salt during preparation.