

DASH DIET DAILY GUIDE

Based on a 2,000 Calorie Daily Intake

Food Group	Daily Servings	Example Serving Size
Grains	6-8	1 slice bread; 1/2 cup cooked rice or pasta
Vegetables	4-5	1 cup raw leafy greens; 1/2 cup cooked veggies
Fruits	4-5	1 medium fruit; 1/2 cup fresh/frozen fruit
Dairy (Low-Fat)	2-3	1 cup milk or yogurt; 1.5 oz cheese
Lean Meats	6 or less	1 oz cooked poultry, fish, or 1 egg
Nuts & Seeds	4-5 / week	1/3 cup nuts; 2 tbsp seeds or nut butter
Fats & Oils	2-3	1 tsp soft margarine; 1 tbsp low-fat mayo
Sweets	5 or less / week	1 tbsp sugar or jam; 1 cup lemonade

Sodium Limit: Standard DASH diet: 2,300 mg/day | Lower Sodium DASH: 1,500 mg/day.

**Consult with a healthcare provider before starting any new dietary plan.*