

DASH DIET SERVING CHART

Hypertension Management Guide (2,000 Calorie/Day Goal)

FOOD GROUP	DAILY SERVINGS	EXAMPLES OF ONE SERVING
Grains	6-8	<i>1 slice bread, 1 oz dry cereal, 1/2 cup cooked rice/pasta</i>
Vegetables	4-5	<i>1 cup raw leafy veg, 1/2 cup cut-up raw/cooked veg</i>
Fruits	4-5	<i>1 medium fruit, 1/2 cup fresh/frozen/canned fruit</i>
Dairy (Low-Fat)	2-3	<i>1 cup milk or yogurt, 1.5 oz cheese</i>
Lean Meats/Fish	6 or less	<i>1 oz cooked meat, poultry, or fish; 1 egg</i>
Nuts, Seeds, Legumes	4-5 / week	<i>1/3 cup nuts, 2 tbsp seeds, 1/2 cup cooked beans</i>
Fats and Oils	2-3	<i>1 tsp soft margarine, 1 tsp vegetable oil, 1 tbsp mayo</i>

FOOD GROUP	DAILY SERVINGS	EXAMPLES OF ONE SERVING
Sweets	5 or less / week	<i>1 tbsp sugar, 1 tbsp jelly or jam, 1 cup lemonade</i>

Sodium Limit: Aim for less than 2,300mg per day (1,500mg for optimal BP reduction).