

DASH DIET SERVING GUIDE

Fruits

FOOD ITEM	SERVING SIZE
Fresh Fruit (Medium)	1 unit
Diced/Frozen/Canned	1/2 cup
Dried Fruit	1/4 cup
100% Fruit Juice	1/2 cup
<i>Goal: 4-5 servings per day</i>	

Low-Fat Dairy

FOOD ITEM	SERVING SIZE
Milk (Fat-free/1%)	1 cup
Yogurt (Low-fat)	1 cup
Cheese (Natural)	1.5 oz
Processed Cheese	2 oz
<i>Goal: 2-3 servings per day</i>	

DASH: Dietary Approaches to Stop Hypertension – Template Purpose Only