

DASH DIET SERVING CHART

Based on a 2,000 Calorie Daily Intake

Food Group	Daily Servings	What Counts as 1 Serving?
Grains	6 - 8	1 slice bread; 1 oz dry cereal; 1/2 cup cooked rice, pasta, or cereal.
Vegetables	4 - 5	1 cup raw leafy vegetable; 1/2 cup cut-up raw or cooked vegetables; 1/2 cup vegetable juice.
Fruits	4 - 5	1 medium fruit; 1/2 cup fresh, frozen, or canned fruit; 1/2 cup fruit juice.
Fat-free or Low-fat Dairy	2 - 3	1 cup milk or yogurt; 1.5 oz cheese.
Lean Meats, Poultry, Fish	6 or less	1 oz cooked meats, poultry, or fish; 1 egg.
Nuts, Seeds, Legumes	4 - 5 (per week)	1/3 cup nuts; 2 tbsp peanut butter; 2 tbsp seeds; 1/2 cup cooked legumes.
Fats and Oils	2 - 3	1 tsp soft margarine; 1 tsp vegetable oil; 1 tbsp mayonnaise; 2 tbsp salad dressing.

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Sweets and Added Sugars	5 or less (per week)	1 tbsp sugar; 1 tbsp jelly or jam; 1/2 cup sorbet; 1 cup lemonade.

Daily Sodium Limit: 2,300 mg (Standard) or 1,500 mg (Lower) Focus: High Fiber, Potassium, Magnesium, and Calcium