

DASH DIET: NUTS, SEEDS & LEGUMES

Recommended: 4-5 servings per week

Almonds	1/3 cup (approx. 22 nuts)
Walnuts	1/3 cup (approx. 7-10 halves)
Peanuts	1/3 cup (approx. 28 nuts)
Sunflower Seeds	2 tablespoons
Pumpkin Seeds (Pepitas)	2 tablespoons
Chia or Flax Seeds	2 tablespoons
Peanut Butter (Unsalted)	2 tablespoons
Cooked Beans (Kidney, Black, etc.)	1/2 cup
Cooked Lentils	1/2 cup
Cooked Split Peas	1/2 cup

Nutritional Goal: These foods are rich sources of magnesium, potassium, protein, and fiber. **Tip:** Choose unsalted and dry-roasted varieties to keep sodium and added fat intake low.