

DASH DIET PORTION GUIDE

Daily servings based on a 2,000 calorie-a-day intake

FOOD GROUP	DAILY SERVINGS	SERVING SIZE EXAMPLES
Grains	6 - 8	1 slice bread, 1 oz dry cereal, ½ cup cooked rice/pasta
Vegetables	4 - 5	1 cup raw leafy greens, ½ cup cut raw/cooked veggies
Fruits	4 - 5	1 medium fruit, ½ cup fresh/frozen/canned, 4 oz juice
Dairy (Low-fat)	2 - 3	1 cup milk/yogurt, 1½ oz natural cheese
Lean Meat/Fish	6 or less	1 oz cooked meat, poultry, or fish, 1 egg
Nuts & Seeds	4 - 5 (per week)	1/3 cup nuts, 2 tbsp seeds, ½ cup cooked legumes
Fats & Oils	2 - 3	1 tsp soft margarine, 1 tsp vegetable oil, 2 tbsp dressing
Sweets	5 or less (per week)	1 tbsp sugar, 1 tbsp jelly/jam, ½ cup sorbet

Sodium Target: 1,500mg to 2,300mg per day.