

DASH DIET DAILY SERVING GUIDE

Based on a 2,000 Calorie Daily Intake

FOOD GROUP	DAILY SERVINGS	SERVING EXAMPLES
Grains	6-8	1 slice bread, 1 oz dry cereal, 1/2 cup cooked rice or pasta
Vegetables	4-5	1 cup raw leafy veg, 1/2 cup cut-up raw or cooked veg
Fruits	4-5	1 medium fruit, 1/2 cup fresh/frozen fruit, 4 oz juice
Dairy (Low-Fat)	2-3	1 cup milk or yogurt, 1.5 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, 1/2 cup cooked legumes
Fats & Oils	2-3	1 tsp soft margarine, 1 tsp vegetable oil, 1 tbsp mayo
Sweets	5 or less per week	1 tbsp sugar, 1 tbsp jelly or jam, 1 cup lemonade

Daily Sodium Limit: Standard 2,300mg | Lower Sodium 1,500mg