

DASH DIET SERVING CHART

Daily Guide based on 1,600 - 2,000 Calories

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 veg; 1/2 cup cut-up raw/cooked veg; 1/2 cup veg juice.
Fruits	4-5	1 medium fruit; 1/2 cup fresh, frozen, or canned; 1/2 cup fruit juice.
Low-fat Dairy	2-3	1 cup milk or yogurt; 1.5 oz natural cheese.
Lean Meats / Fish	6 or less	1 oz cooked meat, poultry, or fish; 1 egg.
Nuts, Seeds, Legumes	4-5 / week	1/3 cup nuts; 2 tbsp nut 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 dressing.
Sweets / Added Sugars	5 or less / week	1 tbsp sugar; 1 tbsp jelly/jam; 1/2 cup sorbet; 1 cup lemonade.

*Sodium limit: 2,300mg per day (1,500mg for optimal weight loss and heart health).
Template Example Only - Consult a professional for personalized medical advice.