

DASH DIET SERVING GUIDE

FOOD GROUP	DAILY SERVINGS	WHAT IS 1 SERVING?
Grains	<i>6-8 servings</i>	1 slice bread, 1 oz dry cereal, 1/2 cup cooked rice/pasta
Vegetables	<i>4-5 servings</i>	1 cup raw leafy greens, 1/2 cup cooked vegetables
Fruits	<i>4-5 servings</i>	1 medium fruit, 1/2 cup fresh/frozen, 4 oz juice
Low-fat Dairy	<i>2-3 servings</i>	1 cup milk or yogurt, 1.5 oz cheese
Lean Meats / Fish	<i>6 or fewer</i>	1 oz cooked meat, poultry, or fish; 1 egg
Fats and Oils	<i>2-3 servings</i>	1 tsp soft margarine, 1 tsp oil, 1 tbsp mayo
Nuts, Seeds, Legumes	<i>4-5 per week</i>	1/3 cup nuts, 2 tbsp nut butter, 1/2 cup cooked beans
Sweets	<i>5 or fewer per week</i>	1 tbsp sugar, 1 tbsp jelly, 1 cup lemonade

Note: Based on a 2,000 calorie-a-day diet. Sodium limit: 1,500mg - 2,300mg per day.