

DASH DIET DAILY SERVING GUIDE

Based on a 2,000 Calorie Daily Intake

Food Group	Daily Servings	What constitutes 1 serving?
Grains	6 - 8	1 slice bread 1 oz dry cereal 1/2 cup cooked rice/pasta
Vegetables	4 - 5	1 cup raw leafy green 1/2 cup cut-up raw/cooked 1/2 cup veg juice
Fruits	4 - 5	1 medium fruit 1/2 cup fresh/frozen/canned 1/2 cup fruit juice
Dairy (Low-fat)	2 - 3	1 cup milk/yogurt 1.5 oz natural cheese
Lean Meats	6 or less	1 oz cooked meat/poultry/fish 1 egg
Nuts & Seeds	4 - 5 (per wk)	1/3 cup nuts 2 tbsp peanut butter 2 tbsp seeds
Fats & Oils	2 - 3	1 tsp soft margarine 1 tsp vegetable oil 2 tbsp salad dressing
Sweets	5 or less (per wk)	1 tbsp sugar 1 tbsp jelly/jam 1 cup lemonade

Limit Sodium to 2,300mg (Standard) or 1,500mg (Lower) per day.