

## THE DASH EATING PLAN

The DASH eating plan shown below is based on **2,000 calories a day**. The number of daily servings in a food group may vary from those listed, depending upon your caloric needs.

FOOD GROUP	DAILY SERVINGS (EXCEPT AS NOTED)	SERVING SIZES
<b>Grains and grain products</b>	7-8	1 slice bread 1 cup ready-to-eat cereal* 1/2 cup cooked rice, pasta, or cereal
<b>Vegetables</b>	4-5	1 cup raw leafy vegetable 1/2 cup cooked vegetable 6 ounces vegetable juice
<b>Fruits</b>	4-5	1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen, or canned fruit 6 ounces fruit juice
<b>Lowfat or fat free dairy foods</b>	2-3	8 ounces milk 1 cup yogurt 1 1/2 ounces cheese
<b>Lean meats, poultry, and fish</b>	2 or fewer	3 ounces cooked lean meat, skinless poultry, or fish
<b>Nuts, seeds, and dry beans</b>	4-5 per week	1/3 cup or 1 1/2 ounces nuts 1 tablespoon or 1/2 ounce seeds 1/2 cup cooked dry beans
<b>Fats and oils†</b>	2-3	1 teaspoon soft margarine 1 tablespoon lowfat mayonnaise 2 tablespoons light salad dressing 1 teaspoon vegetable oil
<b>Sweets</b>	5 per week	1 tablespoon sugar 1 tablespoon jelly or jam 1/2 ounce jelly beans 8 ounces lemonade

\* Serving sizes vary between 1/2 cup and 1 1/4 cups. Check the product's nutrition label.

† Fat content changes serving counts for fats and oils: For example, 1 tablespoon of regular salad dressing equals 1 serving, 1 tablespoon of lowfat salad dressing equals 1/2 serving, and 1 tablespoon of fat free salad dressing equals 0 servings.

## TIPS ON SWITCHING TO THE DASH EATING PLAN

- Change gradually. Add a vegetable or fruit serving at lunch and dinner.
- Use only half the butter or margarine you do now.
- If you have trouble digesting dairy products, try lactase enzyme pills or drops—they're available at drugstores and groceries. Or buy lactose-free milk or milk with lactase enzyme added to it.
- Get added nutrients such as the B vitamins by choosing whole grain foods, including whole wheat bread or whole grain cereals.
- Spread out the servings. Have two servings of fruits and/or vegetables at each meal, or add fruits as snacks.
- Treat meat as one part of the meal, instead of the focus. Try casseroles, pasta, and stir-fry dishes. Have two or more meatless meals a week.
- Use fruits or lowfat foods as desserts and snacks.

