

Following the DASH Eating Plan

Use this chart to help clients plan their menus—or take it with them when they go to the store.

Food group	Servings per day			Serving sizes	Examples and notes	Significance of each food group to the DASH eating plan
	1,600 kcal	2,000 kcal	2,600 kcal			
Grains*	6	6–8	10–11	1 slice bread 1 oz dry cereal ½ cup cooked rice, pasta, or cereal	Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn	Major sources of energy and fiber
Vegetables	3–4	4–5	5–6	1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable ½ cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4	4–5	5–6	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Rich sources of potassium, magnesium, and fiber
Fat-free or low-fat milk and milk products	2–3	2–3	3	1 cup milk or yogurt 1½ oz cheese	Fat-free (skim) or low-fat (2%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese, fat-free or low-fat regular or frozen yogurt	Major sources of calcium and protein
Lean meats, poultry, and fish	3–6	6 or fewer	6	1 oz cooked meats, poultry or fish 1 egg	Select only lean meats; trim away visible fat; broil, roast, or poach; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, and legumes	3 per week	4–6	1	½ cup or 1½ oz nuts 2 T peanut butter 2 T or ½ oz seeds ½ cup cooked legumes (dry beans and peas)	Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber
Fats and oils	2	2–3	3	1 tsp soft margarine 1 tsp vegetable oil 1 T mayonnaise 2 T salad dressing	Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing	The DASH study had 27% of calories as fat, including fat in or added to foods
Sweets and added sugars	0	5 or fewer per week	≤2	1 T sugar 1 T jelly or jam ½ cup sorbet, gelatin 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar	Sweets should be low in fat

* Whole grains are recommended for most grain servings as a good source of fibers and nutrients.

† Serving sizes vary between ½ cup and 1½ cups, depending on cereal type. Check the product's Nutrition Facts label.

‡ Because eggs are high in cholesterol, limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz of meat.

§ Fat content changes serving amount for fats and oils. For example, 1 T of regular salad dressing equals one serving; 1 T of a low-fat dressing equals one-half serving; and 1 T of a fat-free dressing equals zero servings.