

Foods You'll Be Eating

The DASH Eating Plan

This table provides examples of what and how much you would eat if you followed the DASH Eating Plan.

Food Group	Daily Servings	Serving Sizes	Examples and Notes	Significance
Grain and Grain Products	7-8	1 slice bread 1 cup dry cereal ½ cup cooked rice, pasta, or cereal	Whole wheat bread, English muffin, pita bread, bagel, cereals, grits, oatmeal, crackers, unsalted pretzels and popcorn	Major source of energy and fiber
Vegetables	4-5	1 cup raw leafy vegetable ½ cup cooked vegetable 6 oz vegetable juice	Tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4-5	6 oz fruit juice 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit	Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	Important source of potassium, magnesium, and fiber
Lowfat or Fat Free Dairy Products	2-3	8 oz milk 1 cup yogurt 1 ½ oz cheese	Fat free (skim) or lowfat (1%) milk, fat free or lowfat buttermilk, fat free or lowfat regular or frozen yogurt, lowfat and fat free cheeses	Major sources of calcium and protein
Meats Poultry and Fish	2 or less	3 oz cooked meats, poultry, or fish	Select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry	Rich sources of protein and magnesium
Nuts, Seeds, and Dry Beans	4-5 per week	1/3 cup or 1 ½ oz nuts 2 Tbsp or ½ oz seeds ½ cup cooked dry beans	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils, green peas	Rich sources of energy, magnesium, potassium, protein, and fiber
Fats and Oils*	2-3	1 tsp soft margarine 1 Tbsp lowfat mayonnaise 2 Tbsp light salad dressing 1 tsp vegetable oil	Soft margarine, lowfat mayonnaise, light salad dressing, vegetable oil (such as olive, corn, canola, or safflower)	Besides fats added to foods, remember to choose foods that contain less fat
Sweets	5 per week	1 Tbsp sugar 1 Tbsp jelly or jam ½ oz jelly beans 8 oz lemonade	Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch, sorbet, ices	Sweets should be low in fat

*Fat content changes serving counts for fats and oils: For example 1 Tbsp of regular salad dressing equals 1 serving; 1 Tbsp of lowfat dressing equals ½ serving; 1 Tbsp of a fat free dressing equals 0 servings.