

The DASH diet

This eating plan is from the “Dietary Approaches to Stop Hypertension” (DASH) clinical study, supported by the National Institutes of Health. The DASH combination diet lowered blood pressure and, so, may help prevent and control high blood pressure.

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

Food Group	Daily Servings	Serving Sizes	Examples and Notes	Significance of Each Food Group to the DASH Diet Pattern
Grains and Grain products	7-8	1 slice bread ½ C dry cereal ½ C cooked rice, pasta, or cereal	whole wheat bread English muffin, pita bread, bagel, cereals, grits, oatmeal	major sources of energy and fiber
Vegetables	4-5 6 oz veg. juice	1 C. raw leafy veg. ½ C cooked veg. broccoli, turnip greens,	Tomatoes, potatoes, Carrots, peas, squash collards, kale, spinach, artichokes, beans, sweet potatoes	rich sources of potassium, magnesium, and fiber
Fruits	4-5	6 oz fruit juice 1 medium fruit ¼ C dried fruit ½ C fresh, frozen, or canned fruit	apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	important sources of potassium, magnesium, and fiber
Low-fat or Nonfat dairy Foods	2-3	8 oz. Milk 1 C yogurt 1.5 oz. Cheese	skim or 1% milk, skim or low-fat buttermilk, nonfat or low-fat yogurt, Part-skim mozzarella Cheese, nonfat cheese	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 legumes	4-5 per week	1.5oz OR 1/3 C nuts ½ oz OR 2 Tbsp seeds ½ C cooked legumes	almonds, filberts, mixed nuts, peanuts, walnuts sunflower seeds, kidney beans, lentils	rich sources of energy magnesium, potassium, protein, and fiber

The American Academy of Family Physicians Foundation has favorably reviewed this material. Favorable review means that medical information is accurate, but does not imply endorsement of any conclusion presented.

Compliments of the Almond Board of California

The DASH DIET Sample Menu *based on 2,000 calories/day*

Food	Amount	Servings Provided
Breakfast		
Orange juice	6 oz	1 fruit
1% low fat milk	8 oz (1C)	1 dairy
Corn flakes (with 1 tsp sugar)	1 C.	2 grains
Banana	1 medium	1 fruit
Whole wheat bread (with 1 Tbsp jelly)	1 slice	1 grain
soft margarine	1 tsp	1 fat
Lunch		
Chicken salad	¾ C.	1 poultry
Pita bread	½ slice, large	1 grain
Raw vegetable medley:		
Carrot & celery sticks	3-4 sticks each	
Radishes	2	
Loose-leaf lettuce	2 leaves	1 vegetable
Part skim mozzarella cheese	1.5 slice (1.5 oz)	1 dairy
1% low fat milk	8 oz	1 dairy
Fruit cocktail in light syrup	½ C.	1 fruit
Dinner		
Herbed baked cod	3 oz	1 fish
Scallion rice	1 C.	2 grains
Steamed broccoli	½ C.	1 vegetable
Stewed tomatoes	½ C.	1 vegetable
Spinach salad:		
Raw spinach	½ C	
Cherry tomatoes	2	
Cucumber	2 slices	1 vegetable
Light Italian salad dressing	1 Tbsp	½ fat
Whole wheat dinner roll	1 small	1 grain

Soft margarine	1 tsp	1 fat
Melon balls	½ C.	1 fruit

Snacks

Dried apricots	1 oz (1/4 C)	1 fruit
Mini-pretzels	1 oz (3/4 C.)	1 grain
Mixed nuts	1.5 oz (1/3 C)	1 Nuts
Diet Ginger Ale	12 oz.	0

Total number of servings in 2,000 calories/day menu:

<i>Food Group</i>	<i>Servings</i>
Grains	=8
Vegetables	=4
Fruits	=5
Dairy Foods	=3
Meats, Poultry, & Fish	=2
Nuts	=1
Fats & Oils	= 2.5

TIPS ON EATING THE DASH WAY:

- ♥ Start small. Make gradual changes in your eating habits
- ♥ Center your meal around carbohydrates, such as pasta, rice, beans, or vegetables.
- ♥ Treat meat as one part of the whole meal, instead of the focus.
- ♥ Use fruits or low fat, low-calorie foods such as sugar free gelatin for desserts and snacks.

REMEMBER! *If you use the DASH diet to help prevent or control high blood pressure, make it part of a lifestyle that includes choosing foods lower in salt and sodium, keeping a healthy weight, being physically active, and, if you drink alcohol, doing so in moderation.*

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