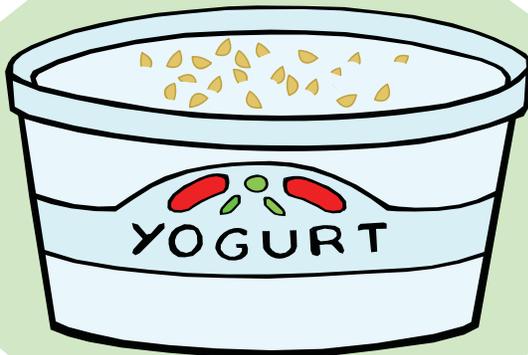


Protein Selections

The DASH (Dietary Approaches to Stop Hypertension) diet recommends 4-5 servings of nuts per week.

Here are some ways you can add nuts to your diet:

Breakfast:



- Spread peanut butter on toast.
- Sprinkle some chopped nuts on yogurt or cereal.
- Spread cream cheese on bagel and top with chopped nuts.

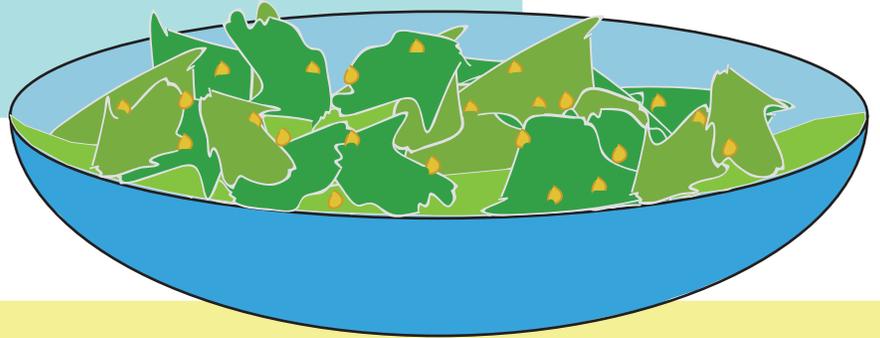
Snacks:

- 1 ounce of nuts mixed with popcorn
- 1 ounce of nuts in a trail mix
- Peanut butter with fruit such as an apple
- Peanut butter with crackers



Lunch and Dinner:

- Add chopped nuts to tuna or chicken salad.
- Add chopped nuts to salads.
- Add chopped nuts to fruit salads or salad dressings.



Desserts:

- Add nuts to bread batters.
- Add nuts to icings and frostings.
- Add nuts to cake batters.
- Add nuts to cookie dough.
- Top ice cream with chopped nuts.



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