

## Healthy Heart

### Healthier Eating With DASH

*(Dietary Approaches to Studying Hypertension)*

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

#### DASH Eating Plan

Food Group	Daily Servings (except as noted)	Serving Sizes	
Grains & grain products	7-8	1 slice bread 1 cup ready-to-eat cereal* 1/2 cup cooked rice, pasta or cereal	
Vegetables	4-5	1 cup raw leafy vegetable 1/2 cup cooked vegetable 6 oz vegetable juice	
Fruits	4-5	1 medium fruit 1/4 cup dried fruit 1/2 cup fresh, frozen or canned fruit 6 oz fruit juice	
Low-fat or fat-free dairy foods	2-3	8 oz milk 1 cup yogurt 1 1/2 oz cheese	
Lean meats, poultry, fish	2 or fewer	3 oz cooked lean meats skinless poultry or fish	
Nuts, seeds, dry beans	4-5 per week	1/3 cup or 1 1/2 oz nuts 1 tbsp or 1/2 oz seeds 1/2 cup cooked dry beans	
Fats & oils**	2-3	1 tsp soft margarine 1 tbsp low-fat mayonnaise 2 tbsp light salad dressing 1 tsp vegetable oil	
Sweets	5 per week	1 tbsp sugar 1 tbsp jelly or jam 1/2 oz jelly beans 8 oz lemonade	

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

\*\* Fat content changes serving counts for fats and oils: For example, 1 tbsp of regular salad dressing equals 1 serving; 1 tbsp of a low-fat dressing equals 1/2 serving; 1 tbsp of a fat-free dressing equals 0 servings.

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