

Dietary Approaches to Stop Hypertension (DASH) Cheat Sheet

The DASH Eating Plan was designed to lower blood pressure.

This is a quick guide to the number of servings you should eat. If you regularly exercise or if you are trying to lose weight you may have to change the serving numbers to meet your calorie needs.

	Servings per day for a 2000 calorie diet	Serving Size
Whole Grains	6-8	1 slice whole grain bread ½ cup cooked grain (e.g. brown rice, quinoa)
Vegetables	4-5	1 cup raw leafy vegetable ½ cup raw or cooked vegetable
Fruits	4-5	½ cup or 1 medium fruit ¼ cup dried fruit (low or no sugar added)
Nuts and Seeds	4-5	⅓ cup nuts, 2 Tbsp nut butter, ½ oz of seeds
Lean Meat, Poultry or Fish	4-6	1 oz meat, chicken or fish, 1 egg
Fats and Oils	2-3	1 tsp vegetable oil or spread, 2 Tbsp salad dressing
Low Fat Dairy	2-3	1 cup milk (1% or skim), 1.5 oz low-fat cheese
Added Sugars	5 or fewer per <u>week</u>	1 Tbsp sugar, 1 cup soda, ½ cup sorbet

The American Heart Association has created a guide to managing blood pressure with a heart healthy diet.

<https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/managing-blood-pressure-with-a-heart-healthy-diet>