



DASH DIET

FOOD LIST WHAT TO EAT, LIMIT AND AVOID

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DASH EATING PLAN

What Foods Can I Eat on the DASH Diet?

SERVINGS	SERVING SIZE	EXAMPLES
 VEGETABLES 4–5 servings per day	1 cup raw leafy greens 1/2 cup chopped raw or cooked vegetables 1/2 cup vegetable juice	Lettuce, kale, spinach, broccoli, carrots, green beans, squash, sweet potatoes, tomatoes, asparagus, green peppers, low sodium tomato juice, collards, green peas, lima beans, potatoes
 FRUITS 4–5 servings per day	1 medium fruit 1/2 cup cut fresh, frozen or canned fruit 1/4 cup dried fruit 1/2 cup 100% fruit juice	Apples, bananas, berries, oranges, pears, pineapple, peaches, grapes, strawberries, melons, mangoes, grapefruit, tangerines, low-sugar juice fruit, no sugar added dried fruit (raisins, apricots, dates, figs)
 WHOLE GRAINS 6–8 servings per day	1 slice of bread 1/2 – 1 cup dry cereal 1/2 cup cooked rice, pasta or grains	Oatmeal, grits, brown rice, quinoa, whole grain cereal, whole, wheat bread, whole wheat rolls, whole wheat pasta, pasta, English muffin, pita bread, bagel, unsalted pretzels or popcorn
 LOW-FAT DAIRY 2–3 servings per day	1 cup milk or yogurt 1 1/2 ounce cheese	milk (fat free, low fat), buttermilk, cheese (low fat or fat free), yogurt or frozen yogurt (fat free or low fat), fortified soy milk, lactose free products
 LEAN PROTEINS 5–6 servings per day	1 ounce cooked meat, poultry or fish 1 egg = 1 ounce serving	Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb. Bake, broil or poach (avoid fried food)
 HEALTHY FATS 2–3 servings	1 teaspoon soft margarine 1 teaspoon vegetable oil	Soft margarine, vegetable oils, canola oil, corn oil, olive oil, sunflower oil, light salad dressing, low fat mayonnaise
 BEANS & SEEDS 4 servings per week	1/3 cup nuts 2 tablespoons seeds 1/2 cup cooked beans 2 tablespoons peanut butter	Almonds, walnuts, sunflower seeds, peanuts, mixed nuts, hazelnuts, peanut butter, kidney beans, pinto beans, lentils, split peas
 DESSERTS & SWEETS 4 or less servings per week	1 tablespoon jelly 1/2 cup sorbet 1 small cookie	Jams, jellies, fruit punch, hard candy, maple syrup, sorbet, sugar, fruit flavored gelatin

Foods to Limit on the DASH Diet

FOOD CATEGORY	REASON	EXAMPLES
	HIGH-SODIUM FOODS Contribute to high blood pressure	Canned soups, processed meats, sauces
	SWEETS AND ADDED SUGARS Can raise triglycerides and blood sugar	Cakes, candies, sodas
	REFINED GRAINS Lack fiber and nutrients	White bread, regular pasta
	RED MEAT High in saturated fat	Beef, lamb, pork
	FULL-FAT DAIRY Increases cholesterol levels	Whole milk, cream, butter

Foods to Avoid on the DASH Diet

EXAMPLES	WHY AVOID THEM	FOOD CATEGORY
Bacon, sausage, deli meats	Extremely high in sodium and preservatives	PROCESSED MEATS
Fried chicken, fries, chips	High in unhealthy fats	FRIED FOODS
Soda, energy drinks, sweet tea	Spikes blood sugar and adds empty calories	SUGARY DRINKS
Salted snacks: nuts, pretzels, flavored crackers	Raise blood pressure quickly	HIGH-SODIUM SNACKS
Packaged pastries, margarine, processed snacks	Increase risk of heart disease	TRANS FATS



DASH Daily Menu Example

SERVING	FOODS
BREAKFAST	
Grains 2	2 slices whole grain bread
Fruit 1	1 medium banana
Protein 2	2 broiled eggs
MORNING SNACK	
Dairy 1	1 cup yogurt
FRUIT 1	1 medium apple
LUNCH	
Grains 2	1 cup cooked brown rice
Vegetables 1	1 cup raw leafy greens
Vegetables 2	1 cup chopped cooked or raw vegetables
Protein 2	2 ounces fish
Oil/Fat 1	2 tbsp salad dressing
Fruit 1	1/2 cup fruit juice
AFTERNOON SNACK	
Fruit 1	1/4 cup dried fruit (unsweetened)
Nuts, Seeds, Legumes 1	1/3 cup unsalted nuts
Dairy 1	1 1/2 oz cheese
DINNER	
Grains 2	1 cup pasta
Oil/Fat 1	1 tsp soft margarine
Protein 2	2 ounces poultry
Vegetables 1	1 cup low-sodium vegetable juice

CREATE YOUR OWN MEAL > FREE DASH DIET MEAL PLANNER

<https://onemed.clinic/dash-diet-meal-planner>

