



# DASH NUTRITION PLAN

DIETARY APPROACHES TO STOP HYPERTENSION

**ACP**  
ADVOCATE COMMUNITY PROVIDERS

# FOLLOWING THE DASH NUTRITION PLAN



## Good Nutrition, Good Health

Eating well, along with physical activity and exercise, reduces your risk for chronic disease, increases your energy and helps you maintain a healthy weight.

Two out of three Americans are obese or overweight, which can lead to high blood pressure, heart disease, stroke, Type 2 diabetes, and certain types of cancer. In poor and minority communities, obesity is even more common.

The DASH (Dietary Approaches to Stop Hypertension) nutrition plan provides simple, easy-to-follow guidelines to improve your eating habits.



**Today is the best time to start becoming a healthier you!**

With DASH you don't count calories or points!

- Eat more fruit, vegetables, and whole grains
- Look for dairy products that are low-fat and non-fat
- Limit total fat, saturated fat and cholesterol
- Cut back on salt and sugar
- Eat no more than 6 ounces of lean meat, fish or poultry per day
- Drink water instead of juice and soda

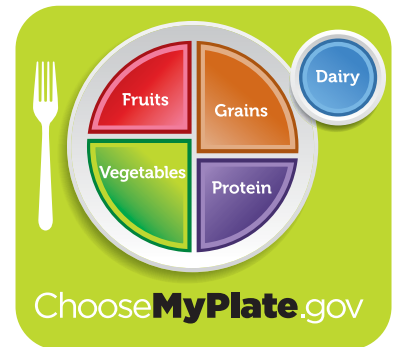
**DASH is recommended for helping individuals:**



- Lower high blood pressure
- Reduce the risk of stroke
- Reduce the risk of heart disease and heart failure
- Prevent and manage diabetes
- Maintain a healthy weight

# DASH PYRAMID

Based on a 2,000 calorie diet



Portion Control is **key** to weight loss

### Don't forget to

Make healthier choices at the grocery store, in the kitchen, and at the table... and get moving! Exercise is good for you!

**Note:** Choose lower-salt foods from all categories. Refer to the plan on the next page for serving sizes.

# FOLLOWING THE DASH NUTRITION PLAN

Use this chart to help you plan your menus – or take it with you when you go food shopping.

| FOOD GROUP   | Servings<br>(Per day unless otherwise stated) |                    |                   | SERVING SIZES   | EXAMPLES AND NOTES   | SIGNIFICANCE OF EACH FOOD GROUP  |
|--|---|--------------------|-------------------|---|--|--|
|  | 1,800<br>Calories                             | 2,000<br>Calories  | 2,600<br>Calories |   |  |  |
| <b>Grains*</b><br>(mainly whole grains)            | 6   | 6-8                | 10-11             | 1 slice bread<br>1 oz dry cereal <sup>†</sup><br>½ cup cooked rice, pasta, or cereal<br>¼ bagel<br>½ English muffin             | Whole wheat bread and rolls, whole wheat pasta, English muffins, pita bread, bagel, cereal, grits, oatmeal, brown rice, unsalted popcorn   | Major sources of energy and fiber  |
| <b>Vegetables</b>                                  | 3-4   | 4-5                | 5-6               | 1 cup raw leafy vegetable<br>½ cup cut-up raw or cooked vegetable<br>½ cup vegetable juice                                      | Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes                | Rich sources of potassium, magnesium, and fiber                          |
| <b>Fruits</b>                                      | 4   | 4-5                | 5-6               | 1 medium fruit<br>¼ cup dried fruit<br>½ cup fresh, frozen, or canned fruit without syrup<br>½ cup fruit juice                  | Apples, apricots, bananas, dates, grapes, oranges, grapefruit, mangos, melons, peaches, pineapples, raisins, strawberries, tangerines      | Important sources of potassium, magnesium, and fiber                     |
| <b>Fat-free or Low-fat milk and dairy products</b> | 2-3   | 2-3                | 3                 | 1 cup milk or yogurt<br>1 ½ oz cheese   | Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt | Major sources of calcium and protein                                     |
| <b>Lean meats, poultry, fish</b>                   | 3-6   | 6 or less          | 6                 | 1 oz cooked meats, poultry, or fish<br>1 egg <sup>‡</sup>   | Select only lean meats; trim away visible fat; broil, roast or poach; remove skin from poultry   | Major sources of protein and magnesium                                   |
| <b>Nuts, seeds, and legumes</b>                    | 3 per week                                    | 4-5 per week       | 1 per day         | ½ cup or 1½ oz Nuts<br>1 ½ oz nuts<br>2 tbsp peanut butter<br>2 tbsp or ½ oz seeds<br>½ cup cooked legumes (dry beans and peas) | Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas                        | Rich sources of energy, magnesium, protein, and fiber                    |
| <b>Fats and oils<sup>§</sup></b>                   | 2   | 2-3                | 3                 | 1 tsp soft margarine<br>1 tsp vegetable oil<br>1 tbsp mayonnaise<br>2 tbsp salad dressing                                       | Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing                        | Aim to consume 27% of calories as fat, including fat in or added to food |
| <b>Sweets and added sugars</b>                     | 0   | 5 or less per week | 3                 | 1 tbsp sugar<br>1 tbsp jelly or jam<br>½ cup sorbet, gelatin<br>1 cup lemonade  | Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet, Italian ices, added sugar                                     | Sweets should be low in fat  |

\*Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

<sup>†</sup>Serving sizes vary between ½ cup and 1¼ cups, depending on cereal type. Check out the product's Nutrition Facts label.

<sup>‡</sup>Because eggs are high in cholesterol, limit egg yolk intake to no more than four per week; two egg whites have the same protein content as 1 oz of meat.

<sup>§</sup>Fat content changes serving amount for fats and oils. For example, 1 tbsp of regular salad dressing equals one serving; 1 tbsp of a low-fat dressing equals one-half serving; 1 tbsp of a fat-free dressing equals zero servings.

**Abbreviations:**  
oz = ounce  
tbsp = tablespoon  
tsp = teaspoon



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