

# Controlling your risk: DASH Eating Plan

The DASH eating plan helps prevent and control high blood pressure. It is a healthy diet for almost anyone. DASH advises us to...

## Limit

- salt (sodium) to 2000 mg a day or less
- total, saturated, partially hydrogenated and trans-fats
- alcohol to 1 serving a day for women, 2 a day for men

## Eat these daily

- a combination of 5 to 9 fruits and vegetables
- 2 to 4 low-fat or non-fat dairy products

## Eat these weekly

- 2 fatty fish servings
- 5 whole grain foods
- 5 servings of seeds or nuts

Choose Dairy and Soy, 2 to 4 servings daily. These supply calcium and protein. A serving is...

- 1 cup of milk
- 1 cup yogurt
- 1 ½ ounces of cheese
- ½ cup cream
- 1 cup soy milk
- ½ cup cottage cheese



Limit Oils and Fats to 2 servings daily. These supply energy and essential fatty acids. A serving is...



- 1 tablespoon liquid oil
- 1 tablespoon of margarine
- 1 tablespoon natural peanut butter
- seeds or nuts to equal 1 ½ ounces or 2 tablespoons

Eat Protein, 2 or fewer servings daily. Fish, lean meats, poultry, beans, peas, lentils, and tofu are a health source of B vitamins and magnesium. A serving is...



- 3 ounce of fish, lean meat, or skinless poultry
- ½ cup of cooked dried beans

Eat Fruits and Vegetables, 2 to 5 servings of each daily. These supply potassium, magnesium, and fiber.



A fruit serving is...

- 6 ounces 100% juice
- 1 medium fruit
- ½ cantaloupe
- ¼ cup dried fruit
- ½ cup canned or frozen fruits or vegetables

A vegetable serving is...

- 6 ounces 100% juice
- ½ cup cooked vegetables
- ½ cup raw vegetables
- 1 cup green leafy salad

Eat Grains, 7 to 11 servings daily to supply energy and fiber. A serving is...

- 1 slice of bread or 1 rice cake
- ½ bagel, muffin, or English muffin
- ¾ cup dry cereal
- ½ cup cooked cereal, pasta, or rice
- 3 cups air-popped popcorn



Also exercise regularly and keep your weight in a healthy range.