

The DASH (Dietary Approaches to Stop Hypertension) Study was a National Institutes of Health research project. Following the DASH Eating Plan lowered blood pressure levels in those with normal and elevated blood pressure levels without reducing sodium or using drugs.

Source: <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>

Food Group	Servings based on:			Examples Serving Sizes	Comments
	1600 Calories	2000 Calories	3100 Calories		
Grains/Grain products	6 per day	7-8 per day	12-13 per day	1 slice bread ½ - 1 cup ready-to-eat cereal ½ cup cooked rice, pasta, cereal	Choose whole grains. On the food label, look for whole wheat flour as first ingredient and at least 2 grams fiber per serving.
Vegetables	3-4 per day	4-5 per day	6 per day	1 cup raw leafy vegetables ½ cup cooked vegetable 6 oz vegetable juice	Choose variety of vegetables. Rich sources of potassium, magnesium and fiber.
Fruits	4 per day	4 -5 per day	6 per day	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen or canned fruit 4 oz fruit juice	Choose variety of fruits. Good source of potassium, magnesium and fiber.
Low-fat or fat-free dairy products	2-3 per day	2 -3 per day	3-4 per day	8 oz 1%, ½% or skim milk 6-8 oz yogurt 1½ oz cheese	Major source of calcium and protein. Choose low-fat and fat-free dairy products.
Lean meats, poultry and fish	1-2 per day	2 per day	2-3 per day	3 oz cooked lean meat, skinless poultry or fish	Choose lean and trim away visible fats. Bake, boil, roast, broil versus frying
Nuts, seeds and dried beans	3 per week	4-5 per week	1 per day	1/3 cup or 1½% oz nuts 1 Tbsp or ½% oz seeds ½ cup cooked dried beans	Rich source of energy, magnesium, potassium, protein and fiber.
Fats and oils	2 per day	2 -3 per day	4 per day	1 tsp soft tub margarine 1 Tbsp low-fat mayonnaise 2 Tbsp light salad dressing 1 tsp vegetable oil	High in calories. Limit portions. Limit saturated fats (solid at room temperature). Best oils: canola, olive
Sweets	0	5 per week	2 per day	1 Tbsp sugar, jam or jelly ½ oz jelly beans 8 oz lemonade	Sweets should be low in fat.