

DASH Eating Plan: Servings Per Day By Food Group and Total Energy Intake

| Food Group | 1,200 Calories | 1,400 Calories | 1,600 Calories | 1,800 Calories | 2,000 Calories | 2,600 Calories | Serving Sizes | Examples and Notes | Significance Of Each Food Group to the DASH Eating Plan |
|---|----------------|----------------|----------------|----------------|----------------|----------------|--|--|---|
| Grains* | 4-5 | 5-6 | 6 | 6 | 6-8 | 10-11 | 1 slice bread 1 oz dry cereal** ½ cup cooked rice, pasta, or cereal** | Whole wheat bread and rolls, whole wheat pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels and popcorn | Major sources of energy and fiber |
| Vegetables | 3-4 | 3-4 | 3-4 | 4-5 | 4-5 | 5-6 | 1 cup raw leafy vegetable ½ cup cut-up raw or cooked vegetable 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 |
| Fruits | 3-4 | 4 | 4 | 4-5 | 4-5 | 5-6 | 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice | Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines | Important sources of potassium, magnesium, and fiber |
| Fat-free or low-fat milk and milk products | 2-3 | 2-3 | 2-3 | 2-3 | 2-3 | 3 | 1 cup milk or yogurt 1-1/2 oz Cheese | Fat-free milk or buttermilk, fat-free, low-fat, or reduced-fat cheese, fat-free/low-fat regular or frozen yogurt | Major sources of calcium and protein |

DASH Eating Plan: Servings Per Day By Food Group and Total Energy Intake

| Food Group | 1,200 Calories | 1,400 Calories | 1,600 Calories | 1,800 Calories | 2,000 Calories | 2,600 Calories | Serving Sizes | Examples and Notes | Significance Of Each Food Group to the DASH Eating Plan |
|--------------------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------|---|---|--|
| Lean meats, poultry, and fish | 3 or less | 3-4 or less | 3-4 or less | 6 or less | 6 or less | 6 or less | 1 oz cooked meats, poultry, or fish 1 egg † | Select only lean; trim away visible fats; broil, roast, or poach; remove skin from poultry | Rich sources of protein and magnesium |
| Nuts, seeds, and legumes | 3 per week | 3 per week | 3-4 per week | 4 per week | 4-5 per week | 1 | 1/3 cup or 1-1/2 oz nuts 2 Tbsp peanut butter 2 Tbsp or ½ oz seeds ½ cup cooked legumes (dry beans and peas) | Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas | Rich sources of energy, magnesium, protein, and fiber |
| Fats and oils‡ | 1 | 1 | 2 | 2-3 | 2-3 | 3 | 1 tsp soft margarine 1 tsp vegetable oil 1 Tbsp mayonnaise 2 Tbsp salad dressing | Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing | The DASH study had 27 percent of calories as fat, including fat in or added to foods |
| Sweets and added sugars | 3 or less per week | 3 or less per week | 3 or less per week | 5 or less per week | 5 or less per week | ≤ 2 | 1 Tbsp sugar 1 Tbsp jelly or jam ½ c. sorbet or gelatin 1 cup lemonade | Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar | Sweets should be low in fat |

The Food and Drug Administration (FDA) and the Environmental Protection Agency are advising women of childbearing age who may become pregnant, pregnant women, nursing mothers, and young children to avoid some types of fish and shellfish and eat fish and shellfish that are low in mercury. For more information, call the FDA's food information line toll free at 1-888-SAFEFOOD or visit <http://www.cfsan.fda.gov/~dms/admeHg3.html>

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

**Serving sizes vary between ½ cup and 1-1/4 cups, depending on cereal type. Check product's Nutrition Facts label.

†Since 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 meat.

‡Fat content changes serving amount for fats and oils. For example, 1 Tbsp regular salad dressing = 1 serving; 1 Tbsp low-fat dressing = ½ serving; 1 Tbsp fat-free dressing = 0 servings. Abbreviations: oz = ounce; Tbsp = tablespoon; tsp = teaspoon.