



Dash Diet

Quick Reference Table!

The DASH diet, based on a 2000 calorie diet. It contains the number of servings from each of the food groups shown in the table. Depending on your caloric needs, the number of servings may vary.

Food Group	Daily Servings	1 Serving Equals	Food Choices
Grains and grain products	7-8	1 slice bread 1/2 C dry cereal 1/2 C cooked rice, pasta or cereal	whole wheat breads, English muffin, pita bread, bagel, cereals and fiber, grits, oatmeal
Vegetables	4-5	1 C raw leafy vegetable 1/2 C cooked vegetable 6 oz vegetable juice	tomatoes, potatoes, carrots, peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, beans, sweet potatoes
Fruits	4-5	6 oz fruit juice 1 medium fruit 1/4 C dried fruit 1/2 C fresh, frozen, or canned fruit	apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines
Low fat or nonfat dairy foods	2-3	8 oz milk 1 C yogurt 1.5 oz cheese	skim or 1 % milk, skim or low fat buttermilk, nonfat or low fat yogurt, part skim mozzarella cheese, nonfat cheese
Meats, poultry, fish	2 or less	3 oz cooked meats, poultry, or fish	select only lean; trim away visible fats; broil, roast, or boil, instead of frying; remove skin from poultry
Nuts	1/2	1/2 1.5 oz or 1/3 C 2 Tbsp seeds 1/2 C cooked legumes	almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils

C = cup Tbsp = tablespoon oz = ounce