



DASH NUTRITION PLAN

DIETARY APPROACHES TO STOP HYPERTENSION

somos 
COMMUNITY CARE

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



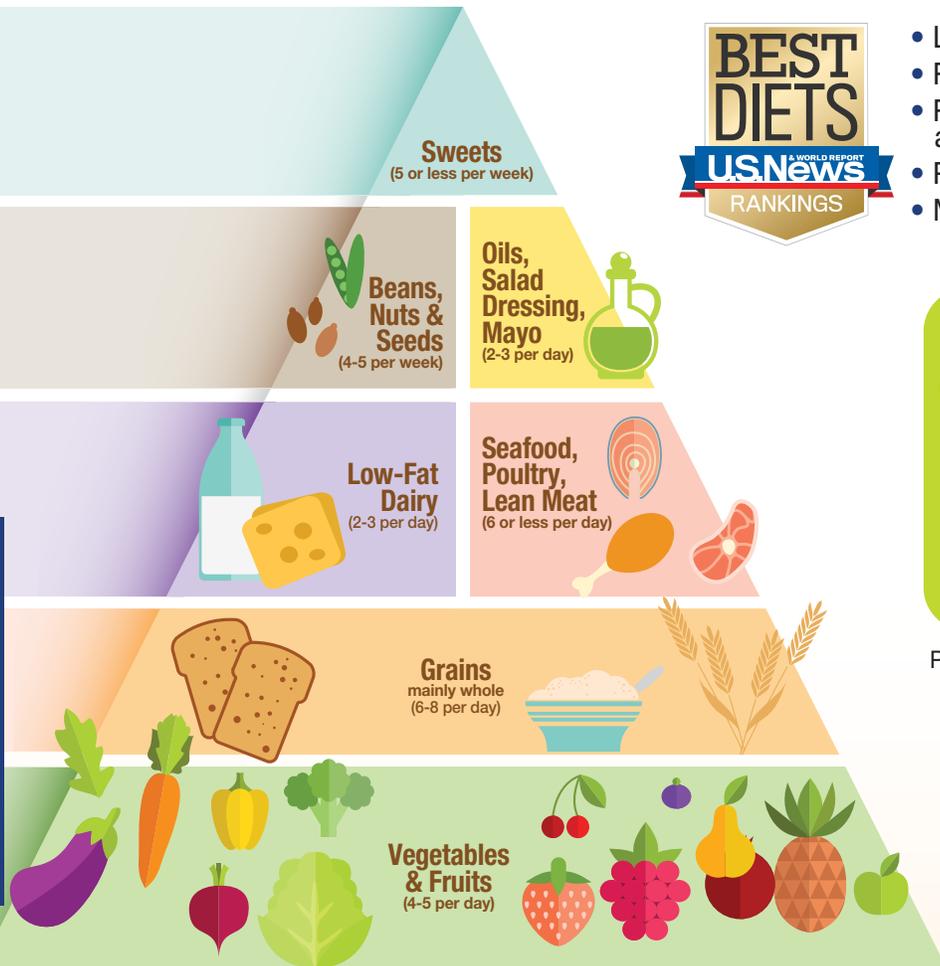
Portion Control is **key** to weight loss

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!

DASH PYRAMID

Based on a 2,000 calorie diet



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 (Per day unless otherwise stated)			SERVING SIZES	EXAMPLES AND NOTES	SIGNIFICANCE OF EACH FOOD GROUP
	1,800 Calories	2,000 Calories	2,600 Calories			
Grains* (mainly whole grains)	6	6-8	10-11	1 slice bread 1 oz dry cereal† ½ cup cooked rice, pasta, or cereal ¼ bagel 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
Vegetables	3-4	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	4	4-5	5-6	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit without syrup 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
Fat-free or Low-fat milk and dairy products	2-3	2-3	3	1 cup milk or yogurt 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
Lean meats, poultry, fish	3-6	6 or less	6	1 oz cooked meats, poultry, or fish 1 egg‡	Select only lean meats; trim away visible fat; broil, roast or poach; remove skin from poultry	Major sources of protein and magnesium
Nuts, seeds, and legumes	3 per week	4-5 per week	1 per day	½ cup or 1½ oz Nuts 1 ½ oz nuts 2 tbsp peanut butter 2 tbsp or ½ oz seeds 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
Fats and oils§	2	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	Aim to consume 27% of calories as fat, including fat in or added to food
Sweets and added sugars	0	5 or less per week	3	1 tbsp sugar 1 tbsp jelly or jam ½ cup sorbet, gelatin 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.

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

‡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.

§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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[SomosCommunityCare.org/DASH](https://www.SomosCommunityCare.org/DASH)

