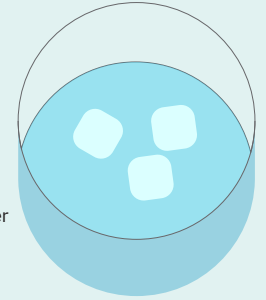


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Building a DASH Diet Plate

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Glass of water

Non-Starchy Vegetables (3-5 servings per day or more)

- Broccoli
- Tomato
- Cucumber
- Beets
- Spinach
- Carrots
- Lettuce
- Asparagus
- Cabbage
- Cauliflower
- Mushrooms
- Peppers

Fruit (4-5 servings per day)

- Apple
- Melon
- Banana
- Strawberries
- Orange
- Mango
- Grapes
- Blueberries
- Pear

Whole Grains or Starchy Vegetables (6-8 servings per day)

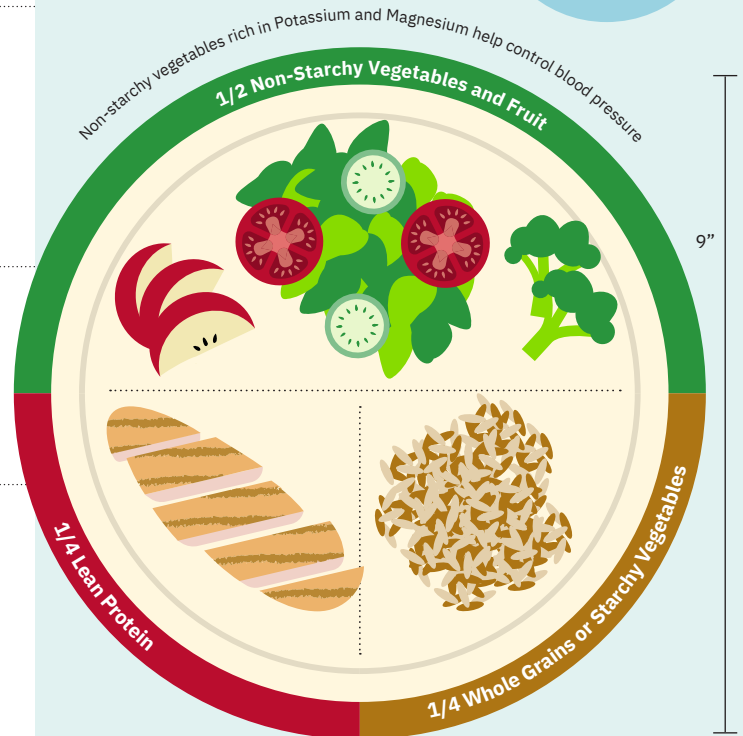
- Quinoa
- 100% Whole Wheat Bread
- Oatmeal
- Brown Rice
- Whole Wheat Pasta
- Whole Grain Cereal
- Potato (Sweet, White)
- Lentils
- Beans (Black, Kidney, Pinto, Lima)
- Peas (Green, Black-eyed)
- Corn

Lean Protein (3-6 servings a day)

- Chicken or Turkey (no skin, white meat preferred)
- Pork Tenderloin
- Egg, Egg White, or Egg Substitute
- Beef Sirloin or Tenderloin
- Fish (Salmon, Cod, Halibut, Sole, Tilapia)
- 93% Lean Ground Beef

Meatless: (plant protein)

- Beans (Black, Kidney, Pinto, Lima)
- Lentils
- Soy (Edamame, Tofu)



Serving Sizes:

1 cup of leafy or 1/2 cup raw or cooked per serving of non-starchy vegetables and fruit

1/2 cup, 1 ounce slice, or 1 ounce of cereal per serving of whole grains or starchy vegetables

1 ounce per serving of lean protein

Add throughout the day:

- 2-3 servings of low-fat dairy
- 2-3 servings of healthy fats and oils
- Water as main beverage

Add throughout the week:

- 4-5 servings a week of nuts, seeds, and legumes

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 37g	13%

Salt daily intake goal: less than 1 teaspoon of salt

- Choose foods with 5% or less of the Daily Value of salt per serving.
- Limit canned and packaged foods, frozen dinners, processed meats (bacon, deli meat), and fast food meals.
- Don't add salt when cooking. Instead, flavor your foods with salt-free seasoning blends, fresh or dried herbs and spices, or fresh lemon or lime juice.

Additional DASH Diet Information

<https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/your-guide-lowering-your-blood-pressure-dash>

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