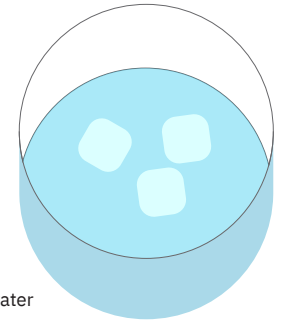


MARCH 2020

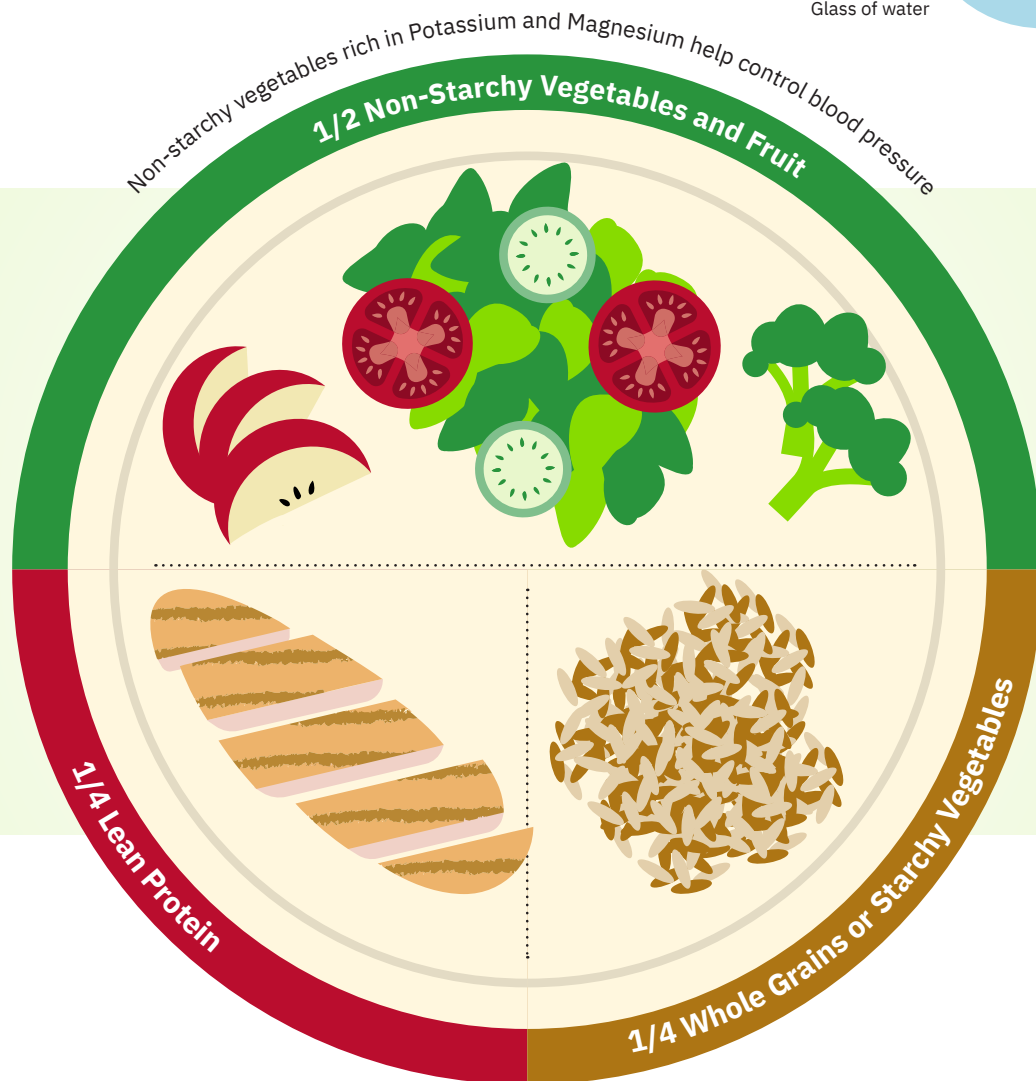
Building a DASH Diet Plate

EXPANDED VERSION

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Glass of water



9"

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

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

- Artichoke, Artichoke Hearts
- Arugula
- Asparagus
- Baby Corn
- Beans (Green, Yellow varieties)
- Beets
- Broccoli
- Brussels sprouts
- Cabbage (all varieties)
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Greens (all varieties)
- Leeks
- Lettuce (all varieties)
- Mushrooms (all varieties)
- Okra
- Onions (all varieties)
- Parsley
- Pea pods (Snow, Sugar Snap)
- Peppers (all varieties)
- Radishes
- Spinach
- Sprouts (all varieties)
- Summer Squash (Zucchini, Yellow, Crookneck, Spaghetti)
- Tomato (Raw or Canned)
- Turnips, Rutabaga

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

Starchy vegetables:

- Beans (Black, Kidney, Pinto, Lima)
- Corn
- Lentils
- Parsnips
- Peas (Green, Black-eyed)
- Potatoes (Sweet, Yam, White)
- Squash (Acorn, Butternut, Pumpkin)
- Soy (Edamame, Tofu)
- Cereal (Whole Grain, High Fiber, dry or cooked)
- Brown Rice
- Quinoa
- Whole Wheat Pasta

Grains/Grain Products:

- Bread (Whole Grain, High Fiber)

Fruit (4-5 servings per day)

- 1 small piece of whole fruit
- ½ Cup sliced fresh fruit
- ½ Cup fruit canned/frozen, no added sugar

Protein (3-6 ounce per day, limit 2 per meal)

Lean Poultry:

- Skinless Chicken or Turkey (white meat preferred)
- 93% Lean Ground Chicken or Turkey Breast
- Egg, Egg White, Egg Substitute

Fish/Seafood:

- Scallops, Shrimp
- Salmon
- Crab
- Cod
- Tilapia
- Halibut
- Catfish/Swai
- Sole
- Grouper

Lean Pork:

- Tenderloin
- Center cut
- Pork Chops, trim visible fat

Lean Beef

- Sirloin, Tenderloin
- 93% Lean Ground Beef
- Round Steak/Roast

Meatless: (plant protein)

- Beans (Black, Kidney, Pinto, Lima)

- Lentils
- Peas
- Veggie Burger
- Soy (Edamame, Tofu)

Dairy (2-3 servings per day)

- Cheese (Low fat)
- Fat Free Milk
- Yogurt (Low fat, low sugar)
- Greek Yogurt has 2x the protein

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 restaurant foods.
- 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>