

Building a DASH Diet Plate

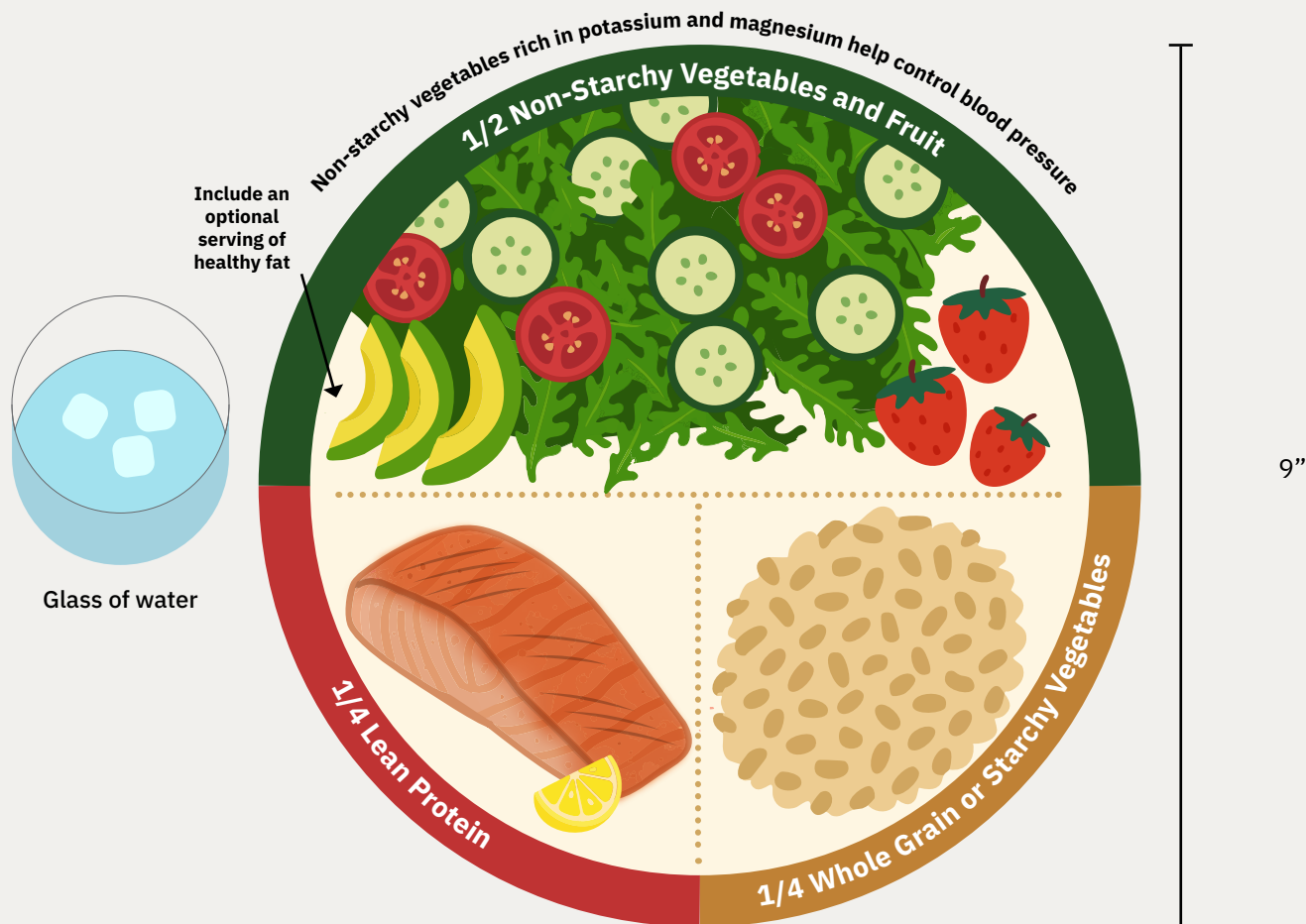
(Expanded Version)

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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 per week of nuts, seeds, and legumes

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

- Artichokes, Artichoke Hearts
- Arugula
- Asparagus
- Baby Corn
- Beans (Green, Yellow varieties)
- Beets
- Broccoli
- Brussels sprouts
- Cabbage (all varieties)
- Carrots
- Cauliflower
- Celery
- Cucumbers
- 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)
- Tomatoes (raw or canned)
- Turnips, Rutabaga

Fruit (4-5 servings per day)

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

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)

Grains/Grain Products:

- Bread (Whole Grain, High Fiber)
- Cereal (Whole Grain, High Fiber, dry or cooked)
- Brown Rice
- Quinoa
- Whole Wheat Pasta

Lean Protein (3-6 servings per day, limit 2 per meal. To reduce carbohydrates per day, swap 1-2 servings of whole grains for lean protein or fish [not beef, pork, or lamb].)

Lean Poultry:

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

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
- Ground Beef (93% lean)
- 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)
- Milk (fat free)
- Yogurt (low fat, low sugar)
- Greek Yogurt (has 2x the protein of non-Greek Yogurt)

Salt daily intake goal: less than 1 teaspoon of salt (2,300 mg)

- 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.

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%

Additional DASH Diet information

nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf