

Building a DASH Diet Plate

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

- Broccoli
- Spinach
- Cabbage
- Tomatoes
- Carrots
- Cauliflower
- Cucumbers
- Lettuce
- Mushrooms
- Beets
- Asparagus
- Peppers

Fruit (4-5 servings per day)

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

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

- Quinoa
- Potatoes (Sweet, White)
- Bread (Whole Grain, High Fiber)
- Lentils
- Oatmeal
- Beans (Black, Kidney, Pinto, Lima)
- Brown Rice
- Peas (Green, Black-Eyed)
- Whole Wheat Pasta
- Corn
- Whole Grain Cereal

Lean Protein (3-6 servings per day)

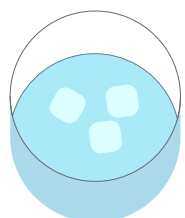
- Skinless Chicken or Turkey (white meat preferred)
- Pork Tenderloin
- Egg, Egg White, or Egg Substitutes
- Beef Sirloin or Tenderloin
- Fish (Salmon, Cod, Halibut, Sole, Tilapia)
- Ground Beef (93% lean)
- Meatless (plant protein)
- Beans (Black, Kidney, Pinto, Lima)
- Lentils
- Soy (Edamame, Tofu)

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.

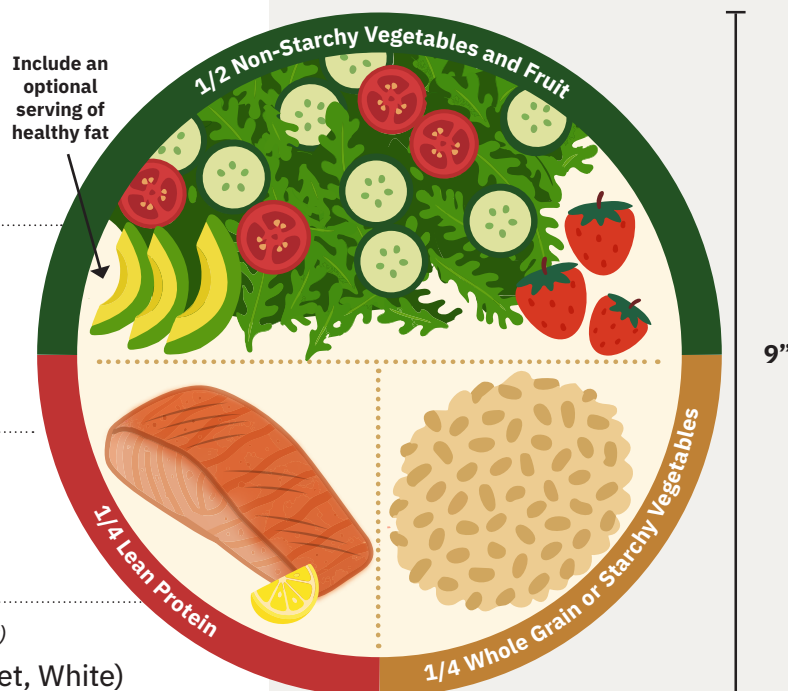
Additional DASH Diet information

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



Glass of water

Non-starchy vegetables rich in potassium and magnesium help control blood pressure



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 a main beverage

Add throughout the week:

- 4-5 servings per 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%

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For more information head to Cardi-OH.org.