

_____ Calorie DASH Eating Plan Goals

Serving Size	Servings Per Day
GRAINS (15 grams total carb = 1 serving)	
1 Slice of Bread 1-ounce Dry Cereal (about ½ - ¾ cup) ½ Cup Cooked Rice, Pasta, or Cereal ½ English Muffin or Bun ¼ Bagel	
FRUITS	
1 Medium Fruit ¼ Cup Dried Fruit ½ Cup Fresh, Frozen, or Canned Fruit ½ Cup (4 oz.) Fruit Juice (100% Juice)	
FAT-FREE/LOW-FAT MILK & MILK PRODUCTS	
1 Cup Milk or Yogurt (1% Fat or Less) 1 ½ oz. Cheese (1/4 cup shredded) 2 Cups Cottage Cheese	
VEGETABLES	
1 Cup Raw Leafy Vegetables ½ Cup Raw or Cooked Vegetables ½ Cup (4 oz.) Vegetable Juice	
LEAN MEATS, POULTRY, & FISH (7 grams = 1 ounce)	
1 oz. Cooked Meat, Skinless Poultry, or Fish 1 Egg or 2 Egg Whites 1 fl. oz. Egg Substitute 2 Tbsp. Powdered Peanut Butter	
FATS	
1 Tsp. Vegetable or Olive Oil 1 Tsp. Butter or Soft Margarine 2 Tsp. Mayo or Salad Dressing 2 Tbsp. Light Salad Dressing	

Serving Size	Servings Per Week
NUTS, SEEDS, & LEGUMES	
1 oz. Nuts (about ¼ cup) 2 Tablespoons Peanut Butter ¼ Cup Seeds ¾ Cup Cooked Beans or Lentils 1/3 Cup Hummus	
SWEETS & ADDED SUGARS (15 grams sugar = 1 serving)	
1 Tbsp. Sugar 1 Tbsp. Jelly or Jam 1 Tbsp. Maple Syrup or Honey ¼ Cup Sorbet 1 Cup (8 fl. oz.) Lemonade	

Sodium Range: 1,500 mg – 2,300 mg per day