

Why the DASH eating plan works

Scientific studies show that following DASH and eating less sodium can help you lower your blood pressure and LDL cholesterol.



fish



apple



almonds



spinach



sweet potato



yogurt



barley

What you choose to eat affects your chances of developing hypertension, otherwise known as high blood pressure. Blood pressure can be unhealthy even if it stays only slightly above the optimal level of less than 120/80 mmHg. The more your blood pressure rises above normal, the greater the health risk.

Scientists supported by the National Heart, Lung, and Blood Institute (NHLBI) have conducted multiple scientific trials since the Dietary Approaches to Stop Hypertension—or DASH eating plan—was developed more than 20 years ago. Their findings showed that blood pressures were reduced with an eating plan that emphasizes vegetables, fruits, and whole grains and includes fish, poultry, beans, nuts, and healthy oils. It limits foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils. It is also lower in sodium compared to the typical American diet and reduces sugar-sweetened beverages and sweets.

The DASH eating plan follows heart healthy guidelines to limit saturated fat and *trans* fat. It focuses on eating more foods rich in nutrients that can help lower blood pressure—mainly minerals (like potassium, calcium, and magnesium), protein, and fiber. It includes nutrient-rich foods so that it also meets other nutrient requirements as recommended by the National Academies of Sciences, Engineering, and Medicine.

DAILY NUTRIENT LEVELS OF THE ORIGINAL DASH EATING PLAN

Total Fat	27% of calories
Saturated Fat	6% of calories
Protein	18% of calories
Carbohydrate	55% of calories
Sodium	2,300 mg*
Potassium	4,700 mg
Calcium	1,250 mg
Magnesium	500 mg
Cholesterol	150 mg
Fiber	30 g

* Lower sodium to 1,500 mg for further reduction in blood pressure, if needed.

The Science Behind the DASH Eating Plan

The importance of eating more vegetables, fruits, whole grains along with low-fat dairy, poultry, fish, beans, and nuts has been proven in multiple research trials. The combination of the DASH eating plan and reduced sodium creates the biggest benefit, lowering blood pressure significantly.

STUDY 1 Original DASH eating plan

The first DASH trial involved 459 adults with systolic blood pressures of less than 160 mmHg and diastolic pressures of 80–95 mmHg. About 27 percent of the participants had high blood pressure. About 50 percent were women and 60 percent were African Americans. It compared three eating plans: one that included foods similar to what many Americans regularly eat; one that included foods similar to what many Americans regularly eat plus more fruits and vegetables; and the DASH eating plan. All three plans included about 3,000 milligrams of sodium daily. None of the plans were vegetarian or used specialty foods.

Results were dramatic. Participants who followed either the plan that included more fruits and vegetables or the DASH eating plan had reduced blood pressure. But the DASH eating plan had the greatest effect, especially for those with high blood pressure. Furthermore, the blood pressure reductions came fast—within 2 weeks of starting the plan.

STUDY 2 Varied sodium levels

The second DASH trial looked at the effect on blood pressure of a reduced dietary sodium intake as participants followed either the DASH eating

plan or an eating plan typical of what many Americans consume. This trial involved 412 participants. Participants were randomly assigned to one of the two eating plans and then followed for a month at each of the three sodium levels. The three sodium levels were: a higher intake of about 3,300 milligrams per day (the level consumed by many Americans), an intermediate intake of about 2,300 milligrams per day, and a lower intake of about 1,500 milligrams per day.

Results showed that reducing dietary sodium lowered blood pressure for both eating plans. At each sodium level, blood pressure was lower on DASH than on the typical American eating plan. The greatest blood pressure reductions were for DASH at the sodium intake of 1,500 milligrams per day. Those with high blood pressure saw the greatest reductions.

STUDY 3 Higher protein or healthy fats

As the science around DASH evolves over time, the overall benefits to heart health continue to be evaluated. The OmniHeart (Optimal Macronutrient Intake Trial for Heart Health) trial studied the effect of replacing some daily carbohydrates—or carbs—with

either protein or unsaturated fat. This trial included 164 adults who had systolic blood pressure readings of 120 to 159 mmHg. The trial compared three dietary patterns, each containing 2,300 mg of sodium per day—the original DASH plan, substituting 10 percent of daily carbs with protein, and substituting 10 percent of total daily carbs with unsaturated fat.

OmniHeart found that participants who followed either variation of DASH, substituting protein or unsaturated fat for carbs, had greater reductions in blood pressure and improvements in blood lipid levels than those who followed the original DASH eating plan.

Success with DASH

DASH along with other lifestyle changes can help you prevent and control high blood pressure. In fact, if your blood pressure is not too high, you may be able to control it entirely by changing your eating habits, losing weight if you are overweight, getting regular physical activity, and cutting down on alcohol. **DASH also has other benefits, such as lowering LDL (“bad”) cholesterol, and replacing some carbs with protein or unsaturated fat can have an even greater effect. Along with lowering blood pressure, lower cholesterol can reduce your risk for heart disease.**

Tips To Reduce Salt and Sodium

Studies have found that the DASH eating plan can lower blood pressure in as fast as 2 weeks. Eating less sodium creates even bigger heart healthy benefits.

Eat your veggies.

Choose plain fresh, frozen, or canned (low-sodium or no-salt-added) vegetables and season them yourself.

Fresh is best.

Choose fresh or frozen skinless poultry, fish, and lean cuts of meat rather than those that are marinated, canned, smoked, brined, or cured.

Go "low or no."

Check the Nutrition Facts labels to compare sodium levels in foods. Choose low- or reduced-sodium, or no-salt-added versions of foods.

Pay attention to preparation.

Limit cured foods (such as bacon and ham); foods packed in brine (such as pickles, pickled vegetables, olives, and sauerkraut); and condiments (such as mustard, horseradish, ketchup, and barbecue sauce). Limit even lower sodium versions of soy sauce and teriyaki sauce, which should be used as sparingly as table salt.

Subtract, don't add.

Canned foods such as tuna and beans can be rinsed to remove some of the sodium. Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.

Limit salty processed foods.

Skip or limit frozen dinners and mixed dishes such as pizza, packaged mixes, canned soups or broths, and salad dressings, which often have a lot of sodium. Prepare and eat more foods at home, where you can control how much sodium is added.

Spice it up.

Boost flavor with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends instead of salt or salty seasonings like soy sauce, spice blends, or soup mixes. Start by cutting salt in half and work your way toward healthy substitutes.

zucchini

Swiss cheese

bread

EASY TIPS FOR DINING OUT

Move the salt shaker away.

This simple first step could become second nature.

Research the restaurant's menu before going out.

Check online nutrition information and then avoid these on the menu: pickled, cured, smoked, soy sauce.

Make special requests.

Ask that your meal be prepared without added salt, MSG, or salty ingredients such as bacon, pickles, olives, and cheese.

Easy does it on the condiments.

A little goes a long way for mustard, ketchup, horseradish, pickles, and sauces with salt-containing ingredients.

Go for healthy appetizers and side dishes.

Choose fruit or vegetables instead of salty snacks, chips, or fries.

Where's the sodium?



brown rice

green beans

strawberries

black-eyed peas

milk

tuna

Most of the sodium we eat comes from added salt in packaged or prepared foods. Only a small amount occurs naturally in foods. Check Nutrition Facts labels and choose foods with lower sodium levels.

Grains	Serving Size	Milligrams of Sodium
Cooked cereal, rice, pasta (unsalted)	½ cup	0–15
Ready-to-eat packaged cereal	½ cup	0–360
Bread	1 slice	120–210
Vegetables		
Fresh or frozen, cooked without salt	½ cup	0–70
Canned or frozen with sauce	½ cup	190–430
Pasta sauce, jarred	½ cup	270–490
Fruits		
Fresh, frozen, canned	½ cup	0–5
Dairy		
Milk	1 cup	110
Yogurt	1 cup	85–190
Natural cheeses	1 ½ oz	90–480
American cheese, processed	1 slice	200–240
Nuts, Seeds, and Legumes		
Nuts, unsalted	⅓ cup	0–5
Nuts, salted	⅓ cup	70–260
Beans, cooked from dried or frozen (unsalted)	½ cup	0–10
Beans, canned	½ cup	130–450
Meats, Fish, and Poultry		
Fresh or frozen meat, fish, poultry	3 oz	55–75
Fresh or frozen poultry, with broth	3 oz	100–170
Tuna, canned, water pack	3 oz	140–180
Turkey breast, lunch meat	3 oz	540–810
Ham, lean, roasted	3 oz	920–950

Making the Move to DASH



peas



bell pepper



squash



shrimp



chickpeas

HEALTHY EATING, PROVEN RESULTS

Moving to heart healthy eating may seem difficult, but it doesn't have to be. Here are some tips to make DASH work for you.

Change gradually.

- If you now eat one or two servings of vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit now or have juice only at breakfast, add a serving of fruit to your meals or have it as a snack.
- Gradually increase your use of milk, yogurt, and cheese to three servings a day. For example, drink milk with lunch or dinner, instead of soda, sugar-sweetened tea, or alcohol.
- Choose fat-free or low-fat (1 percent) milk, yogurt, and reduced-fat cheese to reduce your intake of saturated fat, cholesterol, and calories and to increase your calcium.
- Read the Nutrition Facts label on frozen and prepared meals, pizza, and desserts to choose those lowest in saturated fat and *trans* fat.

Vary your proteins.

- Choose lean cuts of meat and remove skin from poultry.
- Check the labels on ground meats and poultry and select those with lower saturated fat.
- Serve fish instead of meat or poultry once or twice each week.
- Include two or more vegetarian (meatless) meals each week.

- Aim to fill ½ your plate with vegetables and fruits, ¼ with whole grains, and ¼ with fish, lean meat, poultry, or beans.
- Add extra vegetables to casseroles, pasta, and stir-fry dishes.

Select nutritious, tasty snacks.

- Fruits offer great taste and variety. Use fruits canned in their own juice or packed in water. Fresh fruits are fast and easy and dried fruits are a good choice to carry with you or to have in the car.
- Try these snack ideas: unsalted rice cakes; nuts mixed with raisins; graham crackers; fat-free and low-fat yogurt; popcorn with no salt or butter added; raw vegetables.

Make healthy substitutions.


- Choose whole grain foods for most grain servings to get more nutrients, such as minerals and fiber. For example, choose whole wheat bread or whole grain cereals.
- If you have trouble digesting milk and milk products, try taking lactase enzyme pills with the milk products. Or, buy lactose-free milk.
- If you are allergic to nuts, use beans or seeds (such as sunflower, flax, or sesame seeds).

Getting Started on DASH

It's easy to adopt the DASH eating plan. Even small changes made gradually lead to significant benefits. Follow these steps to begin a healthy lifestyle for a lifetime.



kale



kidney beans



blackberries



potato



salmon

1 Assess where you are now.

The DASH eating plan requires no special foods and has no hard-to-follow recipes. One way to begin is by using the free, interactive, online [Body Weight Planner \(niddk.nih.gov/bwp\)](https://niddk.nih.gov/bwp) to find out how many calories you need per day to maintain or reach your goal weight. Then fill in the [What's on Your Plate?](#) worksheet for a few days and see how your current food habits compare with the DASH plan. This will help you see what changes you need to make.

2 Discuss medication with your doctor.

If you take medication to control high blood pressure or cholesterol, you should not stop using it. Follow the DASH eating plan and talk with your doctor about your medication treatment as part of an overall plan for wellness.

3 Make DASH a part of your healthy life.

The DASH eating plan along with other lifestyle changes can help you control your blood pressure and lower blood cholesterol. Important lifestyle recommendations include: achieve and maintain a healthy weight, get regular physical activity, and, if you drink alcohol, do so in moderation (up to one drink per day for women and up to two drinks per day for men).

4 DASH is for everyone in the family.

Start with the meal plans in [A Week With the DASH Eating Plan](#) if you want to follow the menus similar to those used in the DASH trial—then make up your own using your favorite foods. In fact, your entire family can eat meals using the DASH eating plan because it can be adapted to meet varied nutritional needs, food preferences, and dietary requirements.

5 Don't worry.

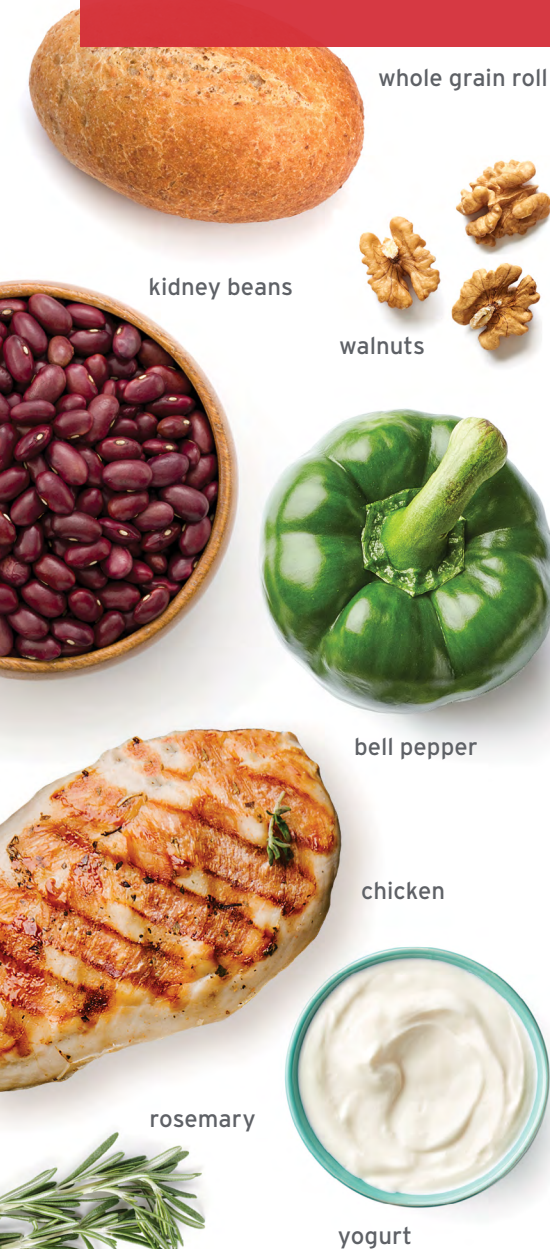
Remember that on some days the foods you eat may add up to more than the recommended servings from one food group and less from another. Or, you may have too much sodium on a particular day. Just try your best to keep the average of several days close to the DASH eating plan and the sodium level recommended for you.

DASH EATING PLAN

A Week With the DASH Eating Plan

HEALTHY EATING, PROVEN RESULTS

Eating a variety of delicious foods and cutting back on salt can help lower your blood pressure. What are you waiting for? Take control of your heart health with the DASH eating plan.



The DASH eating plan requires no special foods and has no hard-to-follow recipes. The following DASH menus allow you to plan healthy, nutritious meals for a week. There are a variety of delicious whole foods that fill you up while fueling your body and lowering your blood pressure and cholesterol levels. You'll find plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains and low-fat dairy.

Built around the recommended number of servings in each of the DASH food groups, these menus sometimes call for you to use lower sodium, low-fat, fat-free, or reduced-fat versions of products. **These menus are based on 2,000 calories a day.** Serving sizes should be increased or decreased for other calorie levels. Daily sodium levels are either 2,300 milligrams or, by making the suggested changes, 1,500 milligrams.

The total daily servings by DASH food group are listed at the top. Next to each food item on the daily menu, you can check the exact serving amount for that item.

These menus give examples of heart healthy meals. How can you create your own and make the DASH eating plan part of your daily life?

- Start by learning how your current food habits compare with the DASH eating plan by using the [What's on Your Plate?](#) worksheet for a few days.
- Explore the [Heart Healthy Eating webpage \(healthyeating.nhlbi.nih.gov\)](#) to try new foods or learn how to make old favorites heart healthy.
- Choose your favorite foods from each of the DASH food groups based on your daily calorie needs to make your own healthy menus.
- Don't worry if some days are off target for your daily totals. Just try your best to keep the average of several days close to the recommended servings and sodium levels.

Following the DASH eating plan means you'll be eating delicious food that is also good for you. It can help you control your blood pressure, manage your weight, and lower LDL (bad) cholesterol levels—keeping your heart healthy.



blueberries

KEY TO FOOD GROUPS



Grains



Vegetables



Fruits



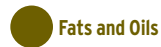
Dairy



Meats, Fish, and Poultry



Nuts, Seeds, and Legumes



Fats and Oils



Sweets and Added Sugars

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

DAY 1

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 1 menu contains this number of servings from each DASH Food Group

5
Grains

5
Vegetables

6
Fruits

2½
Dairy

6
Meats, Fish, and Poultry

1½
Nuts, Seeds, and Legumes

3½
Fats and Oils

0
Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	¾ cup bran flakes cereal:	220
●	+ 1 medium banana	1
●	+ 1 cup low-fat milk	107
●	1 slice whole wheat bread:	149
●	+ 1 tsp soft (tub) margarine	26
● ●	1 cup orange juice	5

219 mg less sodium
Try shredded wheat cereal instead of bran flakes.

LUNCH SODIUM (MG)

● ● ● ● ●	¾ cup chicken salad:	179
● ●	+ 2 slices whole wheat bread	299
● ● ● ● ●	+ 1 Tbsp Dijon mustard	373
salad:		
●	+ ½ cup fresh cucumber slices	1
●	+ ½ cup tomato wedges	5
●	+ 1 Tbsp sunflower seeds	0
●	+ 1 tsp Italian dressing, low calorie	43
●	½ cup fruit cocktail, juice pack	5

59 mg less sodium
Make the chicken salad without salt.

198 mg less sodium
Use regular mustard in place of Dijon mustard.

DINNER SODIUM (MG)

● ● ● ● ●	3 oz roast beef, eye of the round:	35
● ● ● ● ●	+ 2 Tbsp beef gravy, fat-free	165
● ●	1 cup green beans, sautéed with:	12
●	+ ½ tsp canola oil	0
●	1 small baked potato:	14
● ● ● ● ●	+ 1 Tbsp sour cream, fat-free	21
● ● ● ● ●	+ 1 Tbsp natural cheddar cheese, reduced-fat	67
● ● ● ● ●	+ 1 Tbsp chopped scallions	1
● ● ● ● ●	1 small whole wheat roll:	148
● ● ● ● ●	+ 1 tsp soft (tub) margarine	26
● ● ● ● ●	1 small apple	1
● ● ● ● ●	1 cup low-fat milk	107

66 mg less sodium
Use low-sodium, reduced-fat cheddar cheese.

26 mg less sodium
Use unsalted margarine.

SNACKS SODIUM (MG)

● ● ● ● ●	⅓ cup almonds, unsalted	0
● ● ● ● ●	¼ cup raisins	4
● ● ● ● ●	½ cup fruit yogurt, fat-free, no sugar added	86

TOTAL SODIUM (MG) FOR DAY 1 2,101

Total nutrients per day 2,062 calories, 63g total fat, 28% calories from fat, 13g saturated fat, 6% calories from saturated fat, 155mg cholesterol, 2,101mg sodium, 284g carbohydrate, 114g protein, 1,220mg calcium, 594mg magnesium, 4,909mg potassium, 37g fiber

DAY 2

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 2 menu contains this number of servings from each DASH Food Group

6

Grains

5¼

Vegetables

7

Fruits

3

Dairy

3

Meats, Fish, and Poultry

1½

Nuts, Seeds, and Legumes

1½

Fats and Oils

0

Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	½ cup instant oatmeal	54
●	1 mini whole wheat bagel:	84
●	+ 1 Tbsp peanut butter	81
●	1 medium banana	1
●	1 cup low-fat milk	107

49 mg less sodium
Use regular oatmeal with 1 tsp cinnamon.

LUNCH SODIUM (MG)

chicken breast sandwich:

●●●	+ 3 oz cooked chicken breast, skinless	65
●●	+ 2 slices whole wheat bread	299
●	+ 1 slice (¾ oz) natural cheddar cheese, reduced-fat	202
●	+ 1 large leaf romaine lettuce	1
●	+ 2 slices tomato	2
●	+ 1 Tbsp mayonnaise, low-fat	101
●●	1 cup cantaloupe chunks	26
●●	1 cup apple juice	21

199 mg less sodium
Use reduced-fat, low-sodium, natural Swiss cheese instead of reduced-fat, natural cheddar cheese.

DINNER SODIUM (MG)

●●	1 cup spaghetti:	1
●●	+ ¾ cup <u>vegetarian spaghetti sauce</u>	479
●	+ 3 Tbsp Parmesan cheese	287
	spinach salad:	
●	+ 1 cup fresh spinach leaves	24
●	+ ¼ cup fresh carrots, grated	19
●	+ ¼ cup fresh mushrooms, sliced	1
●	+ 1 Tbsp vinaigrette dressing	1
●	½ cup corn, cooked from frozen	1
●	½ cup canned pears, juice pack	5

226 mg less sodium
Use low-sodium tomato paste in the vegetarian spaghetti sauce recipe.

SNACKS SODIUM (MG)

●	⅓ cup almonds, unsalted	0
●	¼ cup dried apricots	3
●	1 cup fruit yogurt, fat-free, no sugar added	173

TOTAL SODIUM (MG) FOR DAY 2 2,035

Total nutrients per day 2,027 calories, 64g total fat, 28% calories from fat, 13g saturated fat, 6% calories from saturated fat, 114mg cholesterol, 2,035mg sodium, 288g carbohydrate, 99g protein, 1,370mg calcium, 535mg magnesium, 4,715mg potassium, 34 g fiber

DAY 3

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 3 menu contains this number of servings from each DASH Food Group

7

Grains

4^{3/4}

Vegetables

4

Fruits

3

Dairy

5

Meats, Fish, and Poultry

1^{1/4}

Nuts, Seeds, and Legumes

3

Fats and Oils

0

Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	3/4 cup bran flakes cereal:	220
●	+ 1 medium banana	1
●	+ 1 cup low-fat milk	107
●	1 slice whole wheat bread:	149
●	+ 1 tsp soft (tub) margarine	26
● ●	1 cup orange juice	6

26 mg less sodium
Use unsalted margarine.

219 mg less sodium
Try puffed wheat cereal instead of bran flakes.

LUNCH SODIUM (MG)

beef barbeque sandwich:		
● ●	+ 2 oz roast beef, eye of round	26
	+ 1 Tbsp barbeque sauce	156
●	+ 2 slices (1 1/2 oz) natural cheddar cheese, reduced-fat	405
● ●	+ 1 hamburger bun	183
▲	+ 1 large leaf romaine lettuce	1
▲	+ 2 slices tomato	2
● ●	1 cup new potato salad	17
●	1 medium orange	0

396 mg less sodium
Use low-sodium natural cheddar cheese instead of reduced-fat natural cheddar cheese.

DINNER SODIUM (MG)

● ● ●	3 oz cod:	70
	+ 1 tsp lemon juice	1
●	1/2 cup brown rice	5
● ●	1 cup spinach, cooked from frozen, sautéed with:	184
●	+ 1 tsp canola oil	0
▲	+ 1 Tbsp almonds, slivered	0
●	1 small cornbread muffin, made with oil:	119
●	+ 1 tsp soft (tub) margarine	26

26 mg less sodium
Use unsalted margarine.

SNACKS SODIUM (MG)

●	1 cup fruit yogurt, fat-free, no sugar added	173
▲	1 Tbsp sunflower seeds, unsalted	0
●	2 large graham cracker rectangles:	156
▲	+ 1 Tbsp peanut butter	81

TOTAL SODIUM (MG) FOR DAY 3 2,114

Total nutrients per day 1,997 calories, 56g total fat, 25% calories from fat, 12g saturated fat, 6% calories from saturated fat, 140mg cholesterol, 2,114mg sodium, 289g carbohydrate, 103g protein, 1,537mg calcium, 630mg magnesium, 4,676mg potassium, 34g fiber

DAY 4

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 4 menu contains this number of servings from each DASH Food Group

4

Grains

4¾

Vegetables

7

Fruits

3½

Dairy

5

Meats, Fish, and Poultry

1

Nuts, Seeds, and Legumes

3

Fats and Oils

0

Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	1 slice whole wheat bread:	149
●	+ 1 tsp soft (tub) margarine	26
●	1 cup fruit yogurt, fat-free, no sugar added	173
●	1 medium peach	0
●	½ cup grape juice	4

26 mg less sodium
Use unsalted margarine.

LUNCH SODIUM (MG)

ham and cheese sandwich:

●●	+ 2 oz ham, low-fat, low-sodium	549
●●	+ 2 slices whole wheat bread	299
▲	+ 1 large leaf romaine lettuce	1
■	+ 2 slices tomato	2
■	+ 1 slice (¾ oz) natural cheddar cheese, reduced-fat	202
●	+ 1 Tbsp mayonnaise, low-fat	101
●●	1 cup carrot sticks	84

526 mg less sodium

Try roast beef tenderloin instead of low-fat, low-sodium ham.

198 mg less sodium

Use reduced-fat, low-sodium natural cheddar cheese.

DINNER SODIUM (MG)

●●●●	chicken and Spanish rice	341
●●	1 cup green peas, sautéed with:	115
●	+ 1 tsp canola oil	0
●●	1 cup cantaloupe chunks	26
●	1 cup low-fat milk	107

126 mg less sodium

Use low-sodium tomato sauce in Spanish rice recipe.

SNACKS SODIUM (MG)

●	⅓ cup almonds, unsalted	0
●●	1 cup apple juice	21
●	¼ cup apricots	3
●	1 cup low-fat milk	107

TOTAL SODIUM (MG) FOR DAY 4 2,312

Total nutrients per day 2,024 calories, 59g total fat, 26% calories from fat, 12g saturated fat, 5% calories from saturated fat, 148mg cholesterol, 2,312mg sodium, 279g carbohydrate, 110g protein, 1,417mg calcium, 538mg magnesium, 4,575mg potassium, 35g fiber

DAY 5

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 5 menu contains this number of servings from each DASH Food Group



BREAKFAST SODIUM (MG)

1 cup whole grain oat rings cereal:	273
+ 1 medium banana	1
+ 1 cup low-fat milk	107
1 medium raisin bagel:	272
+ 1 Tbsp peanut butter	81
1 cup orange juice	5

67 mg less sodium
Use unsalted peanut butter.

269 mg less sodium
Try frosted shredded wheat instead of whole grain oat rings cereal.

LUNCH SODIUM (MG)

tuna salad plate:	
+ 1/2 cup tuna salad	171
+ 1 large leaf romaine lettuce	1
+ 1 slice whole wheat bread	149
cucumber salad:	
+ 1 cup fresh cucumber slices	2
+ 1/2 cup tomato wedges	5
+ 1 Tbsp vinaigrette dressing	133
1/2 cup cottage cheese, low-fat:	459
+ 1/2 cup canned pineapple, juice pack	1
+ 1 Tbsp almonds, unsalted	0

67 mg less sodium
Use fat-free yogurt dressing.

96 mg less sodium
Use 6 low-sodium whole wheat crackers.

DINNER SODIUM (MG)

3 oz turkey meatloaf	205
1 small baked potato:	14
+ 1 Tbsp sour cream, fat-free	21
+ 1 Tbsp natural cheddar cheese, reduced-fat, grated	67
+ 1 scallion stalk, chopped	1
1 cup collard greens, sautéed with:	85
+ 1 tsp canola oil	0
1 small whole wheat roll	148
1 medium peach	0

147 mg less sodium
Use 6 small melba toast crackers instead of a whole wheat roll.

131 mg less sodium
Use low-sodium ketchup in turkey meatloaf.

66 mg less sodium
Use low-sodium, reduced-fat cheese.

SNACKS SODIUM (MG)

1 cup fruit yogurt, fat-free, no sugar added	173
2 Tbsp sunflower seeds, unsalted	0

TOTAL SODIUM (MG) FOR DAY 5 2,373

Total nutrients per day 1,976 calories, 57g total fat, 26% calories from fat, 11g saturated fat, 5% calories from saturated fat, 158mg cholesterol, 2,373mg sodium, 275g carbohydrate, 111g protein, 1,470mg calcium, 495mg magnesium, 4,769mg potassium, 30g fiber

DAY 6

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 6 menu contains this number of servings from each DASH Food Group

6

Grains

5³/₄

Vegetables

5

Fruits

2¹/₂

Dairy

6

Meats, Fish, and Poultry

3/4

Nuts, Seeds, and Legumes

3²/₃

Fats and Oils

1

Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	1 low-fat granola bar	81
●	1 medium banana	1
▶	½ cup fruit yogurt, fat-free, no sugar added	86
●●	1 cup orange juice	5
●	1 cup low-fat milk	107

LUNCH SODIUM (MG)

turkey breast sandwich:		
●●●	+ 3 oz cooked turkey breast	48
●●	+ 2 slices whole wheat bread	299
▶	+ 1 large leaf romaine lettuce	1
▶	+ 2 slices tomato	2
▶	+ 2 tsp mayonnaise, low-fat	67
▶	+ 1 Tbsp Dijon mustard	373
●	1 cup steamed broccoli, cooked from frozen	11
●	1 medium orange	0

DINNER SODIUM (MG)

●●●	3 oz <u>spicy baked fish</u>	50
●●	1 cup scallion rice	18
spinach sauté:		
●	+ ½ cup spinach, cooked from frozen, sautéed with:	92
●●	+ 2 tsp canola oil	0
▶	+ 1 Tbsp almonds, slivered, unsalted	0
●●	1 cup <u>carrots, cooked from frozen</u>	84
●●	1 small whole wheat roll:	148
●	+ 1 tsp soft (tub) margarine	26
●	1 small cookie	60

SNACKS SODIUM (MG)

▶	2 Tbsp peanuts, unsalted	1
●	1 cup low-fat milk	107
●	¼ cup dried apricots	3

TOTAL SODIUM (MG) FOR DAY 6 1,671

198 mg less sodium
Use 1 Tbsp regular mustard instead of Dijon mustard.

Total nutrients per day 1,939 calories, 58g total fat, 27% calories from fat, 12g saturated fat, 6% calories from saturated fat, 171mg cholesterol, 1,671mg sodium, 268g carbohydrate, 105g protein, 1,210mg calcium, 548mg magnesium, 4,710mg potassium, 36g fiber

DAY 7

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 7 menu contains this number of servings from each DASH Food Group

8 1/4

Grains

4 3/4

Vegetables

5

Fruits

4

Dairy

3

Meats, Fish, and Poultry

1 1/2

Nuts, Seeds, and Legumes

2 1/2

Fats and Oils

0

Sweets and Added Sugars

BREAKFAST SODIUM (MG)

●	1 cup whole grain oat rings:	273
●	+ 1 medium banana	1
●	+ 1 cup low-fat milk	107
●	1 cup fruit yogurt, fat-free, no sugar added	173

LUNCH SODIUM (MG)

tuna salad sandwich:

● ● ●	+ 1/2 cup tuna, drained, rinsed	39
●	+ 1 Tbsp mayonnaise, low-fat	101
▲	+ 1 large leaf romaine lettuce	1
■	+ 2 slices tomato	2
● ●	+ 2 slices whole wheat bread	299
●	1 medium apple	1
●	1 cup low-fat milk	107

DINNER SODIUM (MG)

● ● ● ● ●	1/6 recipe zucchini lasagna	368
	salad:	
●	+ 1 cup fresh spinach leaves	24
● ●	+ 1 cup tomato wedges	9
▲	+ 2 Tbsp croutons, seasoned	62
■	+ 1 Tbsp vinaigrette dressing, reduced calorie	133
■	+ 1 Tbsp sunflower seeds	0
● ●	1 small whole wheat roll:	148
●	+ 1 tsp soft (tub) margarine	45
● ●	1 cup grape juice	8

SNACKS SODIUM (MG)

●	1/3 cup almonds, unsalted	0
●	1/4 cup dry apricots	3
●	6 whole wheat crackers	166

TOTAL SODIUM (MG) FOR DAY 7 2,069

268 mg less sodium

Try regular oatmeal instead of whole grain oat rings.

203 mg less sodium

Use low-fat, no salt added cottage cheese in zucchini lasagna recipe.

132 mg less sodium

Use low-sodium vinaigrette in salad recipe.

26 mg less sodium
Use unsalted margarine.

Total nutrients per day 1,993 calories, 64g total fat, 29% calories from fat, 13g saturated fat, 6% calories from saturated fat, 71mg cholesterol, 2,069mg sodium, 283g carbohydrate, 93g protein, 1,616mg calcium, 537mg magnesium, 4,693mg potassium, 32g fiber