DASH Eating Plan Goals
by Calorie Level

<table>
<thead>
<tr>
<th>Serving Size (Grams)</th>
<th>1,400 Calories</th>
<th>1,800 Calories</th>
<th>2,400 Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grains</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 slice bread</td>
<td>5-6 servings</td>
<td>6 servings</td>
<td>7 servings</td>
</tr>
<tr>
<td>1 ounce pasta or rice</td>
<td>6 servings</td>
<td>7 servings</td>
<td>8 servings</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup raw broccoli</td>
<td>3-4 servings</td>
<td>4 servings</td>
<td>5 servings</td>
</tr>
<tr>
<td>1 cup sweet potato</td>
<td>2-3 servings</td>
<td>3 servings</td>
<td>3 servings</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 medium banana</td>
<td>3 servings</td>
<td>4 servings</td>
<td>5 servings</td>
</tr>
<tr>
<td><strong>Lean meats, eggs, poultry, or fish</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 ounce (25g)</td>
<td>3 servings</td>
<td>4 servings</td>
<td>5 servings</td>
</tr>
<tr>
<td>1 egg</td>
<td>3 servings</td>
<td>4 servings</td>
<td>5 servings</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ideal sodium level</td>
<td>1,500 mg</td>
<td>1,500 mg</td>
<td>1,500 mg</td>
</tr>
<tr>
<td>Maximum sodium (3X)</td>
<td>2,300 mg</td>
<td>2,300 mg</td>
<td>2,300 mg</td>
</tr>
</tbody>
</table>

GO Foods
Provide more nutrition and fewer calories; eat more often.

**VEGETABLES**
- All fresh or frozen vegetables: broccoli, spinach, dark green lettuce, collard and mustard greens, tomatoes, peppers, carrots, sweet potatoes, green beans, asparagus, peas, corn, green peas, beans (lima, kidney, and pinto beans, black eye peas).
- Fruits: all fresh, frozen or canned (light syrup).
- Dairy Products: Milk, fortified non-beverage, yogurt, cheese (check sodium). Choose low-fat or non-fat. Choose low-fat or non-fat.

**LEAN MEATS, EGG, OR FISH**
- All lean meats, poultry, or fish. Poultry should be lean or low-fat and not processed. Processed soy products (check sodium). Meat and poultry should be lean or low-fat and not processed.
- Canned and frozen vegetables, soups, canned or processed meats, canned vegetables, pizzas, condiments.

**SWEETS AND DESSERTS**
- Sweets: Sugar, honey, maple syrup. Choose lower sugar or no sugar.
- Cereal: Choose lower sodium or no sodium.

**FAT AND OILS**
- Fats and oils: All liquid fats like vegetable oil or olive oil; avoid fats that are solid at room temperature.
- Solid fats (are solid at room temperature): Sausage, bacon, lunch meat.

**DASH Diet Recipes**

**Daily Calorie Needs**

<table>
<thead>
<tr>
<th>Age (Years)</th>
<th>Calories needed to maintain weight</th>
<th>Calories needed to lose weight (1 lb/week)</th>
<th>Calories needed to maintain weight</th>
<th>Calories needed to lose weight (1 lb/week)</th>
<th>Calories needed to maintain weight</th>
<th>Calories needed to lose weight (1 lb/week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>19-30</td>
<td>2,000</td>
<td>1,900</td>
<td>1,500 - 2,000</td>
<td>1,500</td>
<td>1,500 - 2,000</td>
<td>1,000 - 1,700</td>
</tr>
<tr>
<td>31-50</td>
<td>2,200</td>
<td>1,900</td>
<td>1,800 - 2,200</td>
<td>1,500 - 1,700</td>
<td>1,600 - 2,000</td>
<td>1,000 - 1,700</td>
</tr>
<tr>
<td>51+</td>
<td>2,400</td>
<td>2,000</td>
<td>2,200 - 2,800</td>
<td>1,900 - 2,300</td>
<td>2,300 - 3,000</td>
<td>1,900 - 2,300</td>
</tr>
</tbody>
</table>

**Activity Levels**

- Sedentary Activity Level: Lightly active daily (2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (like walking) or vigorous-intensity activity (like swimming) per week).
- Moderate Activity Level: At least 30 minutes of moderate-intensity aerobic activity on 5 or more days a week.
- Vigorous Activity Level: 75 minutes or 150 minutes of vigorous-intensity aerobic activity on 5 or more days a week.

**10 Minutes at a Time is Fine**

10 minutes each week sounds like a lot of time, but you don’t have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you’re doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

**Give it a Try**

Try giving the 10-minute brick walk, 5 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity.

**STOP Foods**
Are often higher in calories from fat and provide less nutrition; eat less often.

**HIGH SUGAR**
- Ice cream, cakes, cookies, candy, donuts, regular soda, sweet tea, energy drinks.

**HIGH SODIUM**
- Canned and frozen meals, snacks: Potato chips, some breakfast cereals, soups, canned or processed meats, canned vegetables, pizzas, condiments.

**HIGH FAT**
- Solid fats and trans fats: Solid fats (are solid at room temperature) like butter and shortening, high-fat processed meats like sausage, bacon, and lunch meat. High-fat cuts of meat. Choose lean cuts of meat. Choose food choices that are listed and are large servings; restaurant meals prepared in butter and oil.
Nutrition Facts

Serving Size 3 oz. (85g)

Amount Per Serving

Calories 38
Total Fat 0g
Cholesterol 0g
Sodium 0g
Total Carbohydrate 0g
Dietary Fiber 0g
Sugars 0g
Protein 0g

Percent Daily Values are based on a 2,000 calorie diet.

Calories from Fat 0%

Nutrition Facts

How to use the Nutrition Facts label:
www.cfsan.fda.gov/~dms/foodlab.html

Find menus, tips and recipes:
www.dashdietoregon.org

Dietary Guidelines for Americans, 2010:
www.cnpp.usda.gov/dietaryguidelines.htm

Your Guide to lowering your blood pressure with DASH:

Physical activity for everyone:
www.cdc.gov/physicalactivity/everyone/guidelines/adults.html

DASH Eating Plan:

If you are one of the many Americans with high blood pressure (also called hypertension), changing what you eat can help lower your blood pressure. Lower blood pressure can prevent heart disease, stroke, and kidney disease. If you have diabetes, controlling your blood pressure is as important as controlling your blood sugar.

DASH stands for Dietary Approaches to Stop Hypertension. DASH is an eating plan that lowers the amount of salt or sodium you eat every day. Sodium is another name for salt. Too much sodium increases blood pressure.

The DASH eating plan also recommends less fat and sugar and more fresh fruits and vegetables. Fresh fruits and vegetables are rich in fiber and other nutrients that help lower blood pressure. Following the DASH eating plan can help you eat fewer calories and lose weight.

To Learn More

Choose my plate and other nutrition information:
www.choosemyplate.gov

How to
www.myplate.gov

Did you know?

Fast food restaurants provide nutrition information.

Most of the sodium we eat – almost 80% – comes from restaurant meals and processed foods.

If you slowly eat less sodium over time you are less likely to notice the change.

Increasing physical activity and losing a little weight will help lower blood pressure.

Did you know?

✔ Fast food restaurants provide nutrition information.
✔ Most of the sodium we eat – almost 80% – comes from restaurant meals and processed foods.
✔ If you slowly eat less sodium over time you are less likely to notice the change.
✔ Increasing physical activity and losing a little weight will help lower blood pressure.

How much sodium should I eat?

The 2010 Dietary Guidelines for Americans recommends 1500 mg of sodium (2/3 tsp of salt) each day for people:

✔ Over the age of 50
✔ Who are African American of any age
✔ With high blood pressure (140/90 or higher)
✔ With diabetes or heart disease

People not listed above should eat less than 2300 mg of sodium (1 teaspoon of salt) per day.