

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.



whole grain roll



kidney beans



walnuts



bell pepper



chicken



yogurt



rosemary

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 \(hearthealthyeating.nhlbi.nih.gov\)](http://hearthealthyeating.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

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National Heart, Lung, and Blood Institute

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

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

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

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 <u>whole wheat roll:</u>	148
●	+ 1 tsp soft (tub) margarine	26
●	1 small <u>cookie</u>	60

SNACKS SODIUM (MG)

▶	2 Tbsp <u>peanuts, unsalted</u>	1
●	1 cup low-fat milk	107
●	¼ cup <u>dried apricots</u>	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

8¼

Grains

4¾

Vegetables

5

Fruits

4

Dairy

3

Meats, Fish, and Poultry

1½

Nuts, Seeds, and Legumes

2½

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:

● ● ●	+ ½ 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)

● ● ● ● ●	⅙ 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)

●	⅓ cup almonds, unsalted	0
●	¼ 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