

DASH Diet Food List

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Name: _____ Calorie Target: _____

Instructions: Below, you'll find a list of foods suitable for a DASH diet. Feel free to include additional items as needed.

Grains Daily Servings (Whole-wheat bread, Whole-grain cereal, Cooked rice or pasta):

Fruit Daily Servings (Medium fruit, Dried fruit, Fresh/frozen/canned fruit, Fruit juice):

Vegetables Daily Servings (Leafy green vegetables, Raw or cooked vegetables, Low-sodium vegetable juice):

Fat-free or low-fat dairy products Daily Servings (Low-fat or fat-free milk, yoghurt, cheese):

Lean meats, poultry, and fish Daily Servings (Lean meat, skinless poultry or fish, Eggs):

Fats and oils Daily Servings (Soft margarine, Vegetable oil, Low-fat or regular salad dressing):

Sodium: _____

Nuts, seeds and legumes Weekly Servings (Nuts, Nut butter, Seeds, Cooked dried beans or peas):

Recommendations:

Additional Notes: