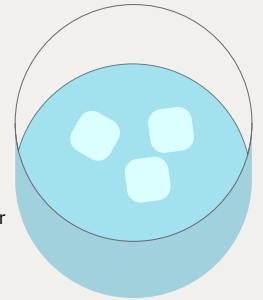


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Building a DASH Diet Plate

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Glass of water

Non-Starchy Vegetables (3-5 servings per day or more)

- Broccoli
- Tomato
- Cucumber
- Beets
- Spinach
- Carrots
- Lettuce
- Asparagus
- Cabbage
- Cauliflower
- Mushrooms
- Peppers

Fruit (4-5 servings per day)

- Apple
- Melon
- Banana
- Strawberries
- Orange
- Mango
- Grapes
- Blueberries
- Pear

Whole Grains or Starchy Vegetables (6-8 servings per day)

- Quinoa
- Bread (Whole Grain, High Fiber)
- Oatmeal
- Brown Rice
- Whole Wheat Pasta
- Whole Grain Cereal
- Potato (Sweet, White)
- Lentils
- Beans (Black, Kidney, Pinto, Lima)
- Peas (Green, Black-eyed)
- Corn

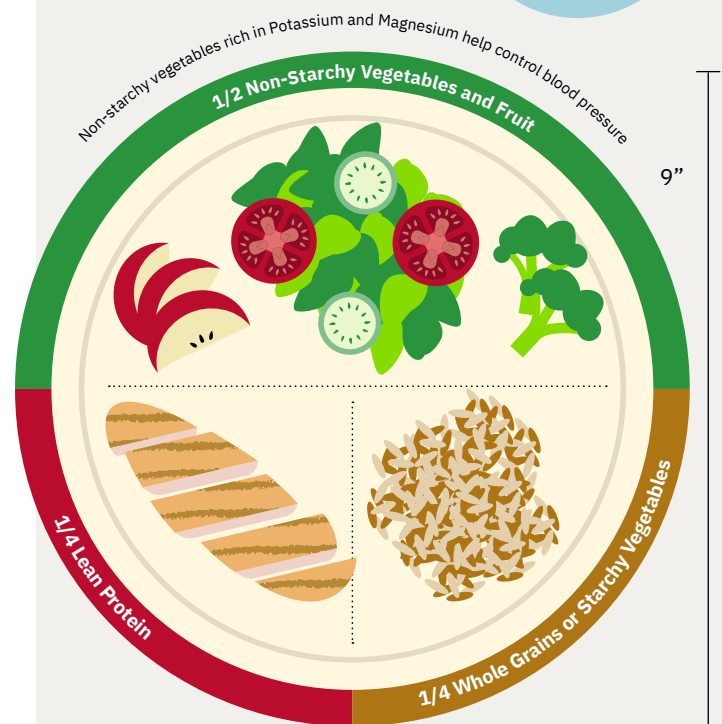
Lean Protein (3-6 servings a day)

- Skinless chicken or turkey (white meat preferred)
- Pork Tenderloin
- Egg, Egg White, or Egg Substitute
- Beef Sirloin or Tenderloin
- Fish (Salmon, Cod, Halibut, Sole, Tilapia)
- 93% Lean Ground Beef
- Meatless: (plant protein)**
 - Beans (Black, Kidney, Pinto, Lima)
 - Lentils
 - Soy (Edamame, Tofu)

Salt daily intake goal: less than 1 teaspoon of salt

- Choose foods with 5% or less of the Daily Value of salt per serving.
- Limit canned and packaged foods, frozen dinners, processed meats (bacon, deli meat), and fast food meals.
- Don't add salt when cooking. Instead, flavor your foods with salt-free seasoning blends, fresh or dried herbs and spices, or fresh lemon or lime juice.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	% Daily Value*
Calories	230
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 37g	13%



Serving Sizes:

- 1 cup of leafy or 1/2 cup raw or cooked** per serving of non-starchy vegetables and fruit
- 1/2 cup, 1 ounce slice, or 1 ounce of cereal** per serving of whole grains or starchy vegetables
- 1 ounce** per serving of lean protein

Add throughout the day:

- 2-3 servings of low-fat dairy
- 2-3 servings of healthy fats and oils
- Water as main beverage

Add throughout the week:

- 4-5 servings a week of nuts, seeds, and legumes

Additional DASH Diet Information

nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf