



DASH Diet

Recommended Daily Servings

(Based on a 2,000 calorie diet)

Ask a dietitian or other health professional to help tailor this dietary pattern to your exact needs.



LOW-FAT DAIRY

2-3 Servings



FATS & OILS
2-3 tsp



GRAINS
6-8 Servings



SODIUM
<2,300 mg



FRUITS
4-5 Servings

VEGETABLES

4-5 Servings



NUTS, SEEDS, LEGUMES



4-5 Servings

LEAN MEATS

(Fish & Poultry)

6oz

