

DASH Diet Plan

Patient Name:

Date of Birth:

Age:

Gender:

Referring Physician:

Best to Eat	Best to Limit
<ul style="list-style-type: none">• Vegetables• Fruits• Whole grains• Fat-free or low-fat dairy• Fish• Poultry• Beans• Nuts and seeds• Vegetable oils	<ul style="list-style-type: none">• Fatty meats• Full-fat dairy• Sugar-sweetened beverages• Sweets• Sodium intake

Tip:

Choose foods that are:

- Low in sodium and saturated and *trans* fats
- Rich in potassium, calcium, magnesium, fiber, and protein

MEAL PLAN

	Breakfast	Lunch	Dinner	Snacks (Within the Day)
Day 1 Date: _____				
Day 2 Date: _____				
Day 3 Date: _____				

Day 4 Date: _____				
Day 5 Date: _____				
Day 6 Date: _____				
Day 7 Date: _____				

Additional Notes:

Source:

DASH Eating Plan | NHLBI, NIH. (2001, January 4). NHLBI, NIH.