## DASH Diet Food List

Name: Georgia Williams
Calorie Target: 2000
Instructions: Below, you'll find a list of foods suitable for a DASH diet. Feel free to include additional items as needed.

| Food Group |
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| Grains: |
| - Whole-wheat bread |
| - Whole-grain cereal |
| - Cooked rice or pasta |
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## Fruit:

- Medium fruit (e.g., apples, oranges)
- Dried fruit
- Fresh, frozen, or canned fruit
- Fruit juice
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Vegetables:

- Leafy green vegetables (e.g., kale or spinach)
- Raw or cooked vegetables
- Low-sodium vegetable juice
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## Daily Servings

6-8 Servings. Servings Sizes are:
1 slice of whole-wheat bread
1 ounce of whole-grain ceral
$1 / 2$ cup cooked rice or pasta

4-5 servings. Serving sizes are:
1 medium fruit
1/4 cup dried fruit
1/2 cup fresh, frozen, or canned fruit
$1 / 2$ cup fruit juice

## 3-4 servings. Serving sizes are:

1 cup leafy green
$1 / 2$ cup raw or cooked vegetables
$1 / 2$ cup of low-sodium vegetabe juice


Nuts, seeds and legumes:

- Nuts (e.g., almonds or walnuts)
- Nut butter (e.g., peanut or almond)
- Seeds (e.g., chia seeds)
- Cooked dried beans or peas
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Recommendations:
Though sweets should be limited, the recommendation for Georgia is to have 3 or less weekly.

Georgia should also aim to limit caffeine to $300 \mathrm{mg} /$ day, as well as restrict intake of sports drinks. Alternatively, she should aim to prioritise beverages such as water, herbal teas, and low-sodium carbonated beverages

Additional Notes:

