DASH Diet Food List

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.

Food Group	Daily Servings
Grains: • Whole-wheat bread • Whole-grain cereal • Cooked rice or pasta • _____ • _____ • _____ • _____	
Fruit: • Medium fruit (e.g., apples, oranges) • Dried fruit • Fresh, frozen, or canned fruit • Fruit juice • _____ • _____ • _____ • _____	
Vegetables: • Leafy green vegetables (e.g., kale or spinach) • Raw or cooked vegetables • Low-sodium vegetable juice • _____ • _____ • _____ • _____	

Fat-free or low-fat dairy products:

- Low-fat or fat-free milk
- Low-fat or fat-free yoghurt
- Low-fat or fat-free cheese

- _____
- _____
- _____
- _____

Lean meats, poultry, and fish:

- Lean meat, skinless poultry or fish
- Eggs

- _____
- _____
- _____
- _____

Fats and oils:

- Soft margarine
- Vegetable oil
- Low-fat or regular salad dressing

- _____
- _____
- _____
- _____
- _____

Sodium:

- _____
- _____
- _____
- _____
- _____

Food Group	Weekly Servings
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 - _____ - _____ - _____ - _____	

Recommendations:

Additional Notes: