

Following the DASH diet can help lower your blood pressure and reduce your risk for heart disease and stroke. Healthy blood pressure is

120
♥80

TIPS FOR SUCCESS



If you are lactose intolerant, try yogurt, hard cheese such as cheddar or swiss, and lactose-free milk.



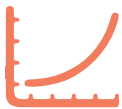
Buy fresh fruits in season when possible. Frozen fruits are a nutritious, cost-effective option all year round.



Experiment with herbs and spices to enhance flavor without adding excess salt.



How you eat and how you move go hand in hand when it comes to health. Look for fun new physical activities to enjoy.



Don't let yourself get overwhelmed! Make gradual, manageable changes to your routine.



Celebrate successes and forgive slip-ups. Habits take 3–4 weeks to create, so keep moving forward!

more online resources NationalDairyCouncil.org | DashDiet.org | EatRight.org

DASH DIET

**DIETARY APPROACHES TO
STOP HYPERTENSION**

*Long-term benefits for the heart
and overall health*

Safe and sustainable for the whole family, the DASH diet was rated the best overall diet for 2016 by U.S. News and World Report.



INSIDE
Learn simple
guidelines and
DASH into
optimal health!



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DASH DIET SERVINGS BY FOOD GROUP

These recommendations are based on a 2000-calorie diet. The illustrations provide examples of serving sizes.

Include multiple servings of these food groups in your diet every day.

Count these groups by the week rather than the day.

Whole Grains

6–8 servings



examples

- 1 slice of bread
- 1/3 cup cooked rice/pasta
- 1/2 cup oatmeal/cereal
- 5–6 crackers
- 6" tortilla

Low-fat/Fat-free Dairy

2–3 servings



examples

- 1 cup milk/yogurt
- 1 oz cheese

Vegetables

4–5 servings



examples

- 1 cup raw vegetables
- 1/2 cup cooked vegetables

Fats & Oils

2–3 servings



examples

- 1 tsp oil / butter
- 1 Tbsp mayonnaise
- 2 Tbsp salad dressing

Fruit

4–5 servings



examples

- 1 small fresh fruit
- 2 Tbsp dried fruit
- 1/2 cup fruit juice

Lean Protein

≤6 servings



examples

- 1 egg
- 1 oz lean meat, fish, or poultry
- 1 Tbsp peanut butter

Nuts & Seeds, Beans & Peas

4–5 servings per week



examples

- 1/2 cup cooked legumes
- 1/3 cup nuts
- 2 Tbsp nut butter
- 2 Tbsp seeds

Sweets & Added Sugars

≤5 servings per week



examples

- 1 Tbsp sugar
- 1 Tbsp jelly/jam