

DASH Your Way to Lower Blood Pressure

The **DASH (Dietary Approaches to Stop Hypertension)** eating plan is a healthy way of eating that can lower blood pressure and reduce the risk of developing high blood pressure. Eating foods that are low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and low-fat dairy foods helps keep blood pressure rates in check. The DASH eating plan includes whole grains, poultry, fish and nuts, and has low amounts of fats, red meats, sweets, and sugared beverages. It is also high in potassium, calcium and magnesium, as well as protein and fiber. The DASH eating plan is based on **2,000 calories a day**. The number of daily servings in a food group may vary from those listed, depending upon your caloric needs.



Learn More!

Download the DASH Eating Plan Guide:

https://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf

Food Group	Daily Servings (Except as Noted)	Serving Sizes	
Grains and grain products	6-8	1 slice of bread 1 cup ready-to-eat cereal*	½ cup cooked rice, pasta or cereal
Vegetables	4-5	1 cup raw leafy vegetable ½ cup cooked vegetable	6 ounces vegetable juice
Fruits	4-5	1 medium fruit ¼ cup dried fruit 6 ounces fruit juice	½ cup fresh, frozen or canned fruit
Low-fat or fat-free dairy foods	2-3	8 ounces milk 1 cup yogurt	1½ ounces cheese
Lean meats, poultry and fish	2 or fewer	3 ounces cooked lean meat, skinless poultry or fish	
Nuts, seeds and dry beans	4-5 per week	1/3 cup or 1½ ounces nuts 1 tablespoon or ½ ounce seeds	½ cup cooked dry beans
Fats and oils†	2-3	1 teaspoon soft margarine 1 tablespoon low-fat mayonnaise	2 tablespoons light salad dressing 1 teaspoon vegetable oil
Sweets	5 per week	1 tablespoon sugar 1 tablespoon jelly or jam	½ ounce jelly beans 8 ounces lemonade

*Serving sizes vary between ½ cup and 1¼ cups. Check the product's nutrition label.

†Fat content changes serving counts for fats and oils: For example, 1 tablespoon of regular salad dressing equals 1 serving, 1 tablespoon of low-fat salad dressing equals ½ serving, and 1 tablespoon of fat-free salad dressing equals 0 servings.

