

What's on Your Plate? 1,400–1,600 calories a day

Learn how your current food habits compare with the DASH eating plan by using this worksheet for 1–2 days. List the food amounts, calories, and sodium for all you eat and drink on a given day. Track your servings by checking off the corresponding number of circles.

To find your specific daily calorie needs, use the [Body Weight Planner \(niddk.nih.gov/bwp\)](http://niddk.nih.gov/bwp). Find the information about calories and the amount of sodium in foods on nutrition facts labels, mobile applications, or online.

TODAY'S DATE

/ /

DAILY SERVINGS

These are the recommended servings in the DASH eating plan food groups.

Fill in the number of servings that match the food item you've listed.

See how what you eat compares to the DASH eating plan.

BREAKFAST	CALORIES	SODIUM (MG)

LUNCH	CALORIES	SODIUM (MG)

DINNER	CALORIES	SODIUM (MG)

SNACKS	CALORIES	SODIUM (MG)

Grains (mostly whole grains)

5–6 servings per day

Vegetables

3–4 servings per day

Fruits

4 servings per day

Dairy (fat-free/low-fat)

2–3 servings per day

Lean Meats, Fish, and Poultry

3–4 servings or less per day

Fats and Oils

1–2 servings per day

Nuts, Seeds, and Legumes

3–4 servings per week

Sweets and Added Sugars

3 servings or less per week

Total your numbers. Your daily targets are 1,400–1,600 calories and a sodium level between 1,500 and 2,300 milligrams. If you miss your targets, see [A Week With DASH](#) for menu ideas to get closer to your goals.

TOTAL CALORIES

TOTAL SODIUM (MG)



The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

Following the DASH Eating Plan

FOR 1,400 TO 1,600 CALORIES PER DAY

Grains

5–6 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

1 slice bread
1 oz dry cereal
½ cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

3–4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 cup raw leafy vegetable
½ cup cut-up raw or cooked vegetable
½ cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

Fruits

4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 medium fruit
¼ cup dried fruit (unsweetened)
½ cup fresh, frozen, or canned fruit, or fruit juice

EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

Dairy

2–3 SERVINGS PER DAY

Sources of calcium and protein

SERVING SIZE

1 cup milk
1 cup yogurt
1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

Lean Meats, Fish, Poultry, and Eggs

3–4 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry
1 egg

EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

Fats and Oils

1–2 SERVINGS PER DAY

Sources of energy and vitamin E

SERVING SIZE

1 tsp soft margarine
1 tsp vegetable oil
1 tbsp mayonnaise
2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

Nuts, Seeds, and Legumes

3–4 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

SERVING SIZE

⅓ cup or 1½ oz nuts (unsalted)
2 tbsp peanut butter
2 tbsp or ½ oz seeds
½ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

Sweets and Added Sugars

3 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

SERVING SIZE

1 tbsp sugar
1 tbsp jelly or jam
½ cup sorbet, gelatin
1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

Following the DASH Eating Plan

FOR 1,400 TO 1,600 CALORIES PER DAY



oatmeal

whole wheat bread

brown rice

kale

green beans

vegetable juice

Grains

5-6 SERVINGS PER DAY

Sources of fiber and magnesium

SERVING SIZE

1 slice bread

1 oz dry cereal

½ cup cooked rice, pasta, or cereal

EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

Vegetables

3-4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 cup raw leafy vegetable

½ cup cut-up raw or cooked vegetable

½ cup vegetable juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

DASH EATING PLAN

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National Heart, Lung, and Blood Institute

Following the DASH Eating Plan

FOR 1,400 TO 1,600 CALORIES PER DAY



dried fruit

apple

clementine

shredded cheese

sliced cheese

milk

Fruits

4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

SERVING SIZE

1 medium fruit

¼ cup dried fruit (unsweetened)

½ cup fresh, frozen, or canned fruit, or fruit juice

EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

Dairy

2-3 SERVINGS PER DAY

Sources of calcium and protein

SERVING SIZE

1 cup milk

1 cup yogurt

1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

Following the DASH Eating Plan

FOR 1,400 TO 1,600 CALORIES PER DAY



Lean Meats, Fish, Poultry, and Eggs

3-4 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry
1 egg

EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

Fats and Oils

1-2 SERVINGS PER DAY

Sources of energy and vitamin E

SERVING SIZE

1 tsp soft margarine
1 tsp vegetable oil
1 tbsp mayonnaise
2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

Following the DASH Eating Plan

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peanut butter



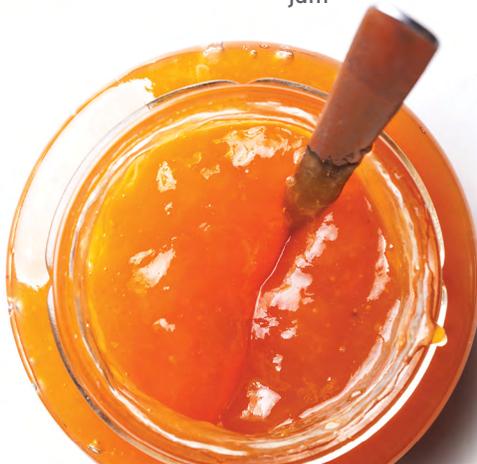
dried beans

sunflower seeds



honey

jam



hard candies

Nuts, Seeds, and Legumes

3-4 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

SERVING SIZE

$\frac{1}{3}$ cup or 1½ oz nuts (unsalted)

2 tbsp peanut butter

2 tbsp or $\frac{1}{2}$ oz seeds

$\frac{1}{2}$ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

Sweets and Added Sugars

3 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

SERVING SIZE

1 tbsp sugar

1 tbsp jelly or jam

$\frac{1}{2}$ cup sorbet, gelatin

1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar