What's on Your Plate? 1,800-2,000 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). Find the information about calories and the amount of sodium in foods on nutrition facts labels, mobile applications, or online.

BREAKFAST	CALORIES	SODIUM (MG)	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 compare to the DASH eating plan.
LUNCH			Grains (mostly whole grains) 6-8 servings per day
			00000000
			Vegetables 4-5 servings per day
			00000
			 Fruits 4-5 servings per day
DINNER			00000
			Dairy (fat-free/low-fat) 2–3 servings per day
			- 000
			 Lean Meats, Fish, and Poultry 6 servings or less per day
			000000
			Fats and Oils 2–3 servings per day
SNACKS			$\circ \circ \circ$
			Nuts, Seeds, and Legumes 4–5 servings per week
			00000
Fotal your numbers. Your daily targets are 1,800– 2,000 calories and a sodium level between 1,500 and			Sweets and Added Sugars 5 servings or less per week
2,300 milligrams. If you miss your targets, see <u>A Week</u> Nith DASH for menu ideas to get closer to your goals.	TOTAL CALORIES	TOTAL SODIUM (MG)	00000

Grains

6-8 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

Lean Meats, Fish, Poultry, and Eggs

6 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

Vegetables

4-5 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

4-5 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; lactosefree products

Fats and Oils

2-3 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

4-5 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

serving size 1/3 cup or 11/2 oz nuts (unsalted)

2 tbsp peanut butter

2 tbsp or 1/2 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

5 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

DASH PLAN

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



Grains

6-8 SERVINGS PER DAY

Sources of fiber and magnesium

serving size 1 slice bread 1 oz dry cereal 1⁄2 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

4-5 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

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Lean Meats, Fish, Poultry, and Eggs

6 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

SERVING SIZE

1 oz cooked meats, fish, or poultry

EXAMPLES

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

Fats and Oils

2-3 SERVINGS PER DAY

Sources of energy and vitamin E

SERVING SIZE 1tsp soft margarine

- 1tsp 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

DASH FATING

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Nuts, Seeds, and Legumes

4-5 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

serving size
1/3 cup or 11/2 oz nuts (unsalted)
2 tbsp peanut butter
2 tbsp or 1/2 oz seeds
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

5 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

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