# 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
			<ul> <li>Fruits</li> <li>4-5 servings per day</li> </ul>
DINNER			00000
			Dairy (fat-free/low-fat) 2–3 servings per day
			- 000
			<ul> <li>Lean Meats, Fish, and Poultry</li> <li>6 servings or less per day</li> </ul>
			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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