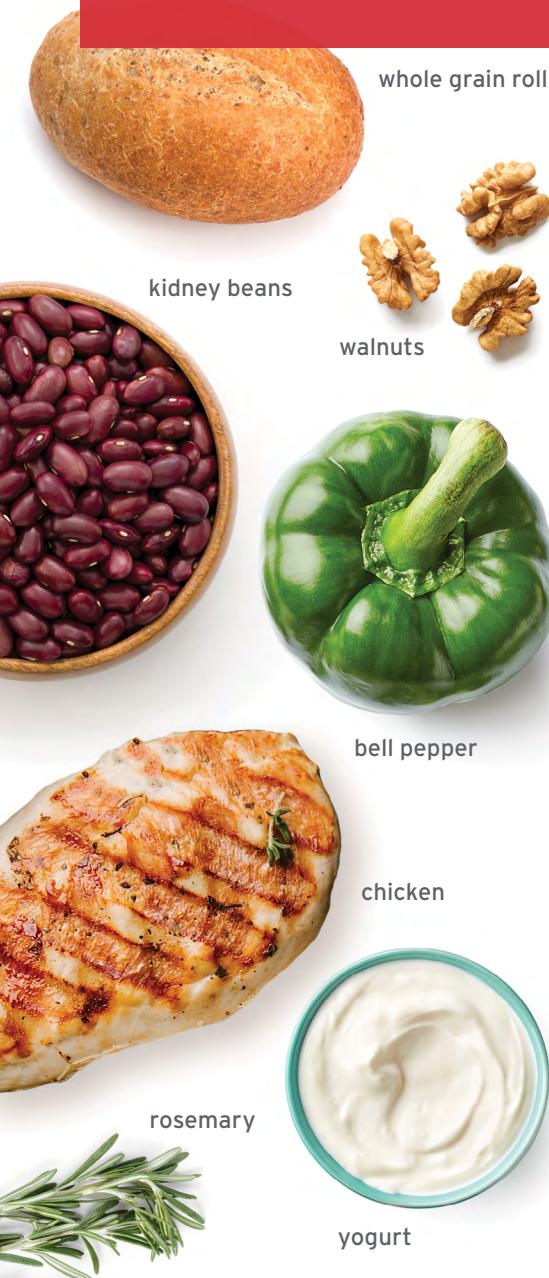


DASH EATING PLAN

A Week With the DASH Eating Plan



whole grain roll

kidney beans

walnuts

The DASH eating plan requires no special foods and has no hard-to-follow recipes. The following DASH menus allow you to plan healthy, nutritious meals for a week. There are a variety of delicious whole foods that fill you up while fueling your body and lowering your blood pressure and cholesterol levels. You'll find plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains and low-fat dairy.

Built around the recommended number of servings in each of the DASH food groups, these menus sometimes call for you to use lower sodium, low-fat, fat-free, or reduced-fat versions of products. **These menus are based on 2,000 calories a day.** Serving sizes should be increased or decreased for other calorie levels. Daily sodium levels are either 2,300 milligrams or, by making the suggested changes, 1,500 milligrams.

The total daily servings by DASH food group are listed at the top. Next to each food item on the daily menu, you can check the exact serving amount for that item.

HEALTHY EATING, PROVEN RESULTS

Eating a variety of delicious foods and cutting back on salt can help lower your blood pressure. What are you waiting for? Take control of your heart health with the DASH eating plan.

These menus give examples of heart healthy meals. How can you create your own and make the DASH eating plan part of your daily life?

- Start by learning how your current food habits compare with the DASH eating plan by using the [What's on Your Plate? worksheet](#) for a few days.
- Explore the [Heart Healthy Eating webpage](#) (healthyeating.nhlbi.nih.gov) to try new foods or learn how to make old favorites heart healthy.
- Choose your favorite foods from each of the DASH food groups based on your daily calorie needs to make your own healthy menus.
- Don't worry if some days are off target for your daily totals. Just try your best to keep the average of several days close to the recommended servings and sodium levels.

Following the DASH eating plan means you'll be eating delicious food that is also good for you. It can help you control your blood pressure, manage your weight, and lower LDL (bad) cholesterol levels—keeping your heart healthy.

blueberries

KEY TO FOOD GROUPS



Grains



Vegetables



Fruits



Dairy



Meats, Fish, and Poultry



Nuts, Seeds, and Legumes



Fats and Oils



Sweets and Added Sugars

DASH EATING PLAN

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National Heart, Lung,
and Blood Institute

DAY 1

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 1 menu contains this number of servings from each DASH Food Group



BREAKFAST		SODIUM (MG)
¾ cup bran flakes cereal:		220
+ 1 medium banana		1
+ 1 cup low-fat milk		107
1 slice whole wheat bread:		149
+ 1 tsp soft (tub) margarine		26
1 cup orange juice		5
LUNCH		SODIUM (MG)
¾ cup chicken salad:		179
+ 2 slices whole wheat bread		299
+ 1 Tbsp Dijon mustard		373
salad:		
+ ½ cup fresh cucumber slices		1
+ ½ cup tomato wedges		5
+ 1 Tbsp sunflower seeds		0
+ 1 tsp Italian dressing, low calorie		43
½ cup fruit cocktail, juice pack		5
DINNER		SODIUM (MG)
3 oz roast beef, eye of the round:		35
+ 2 Tbsp beef gravy, fat-free		165
1 cup green beans, sautéed with:		12
+ ½ tsp canola oil		0
1 small baked potato:		14
+ 1 Tbsp sour cream, fat-free		21
+ 1 Tbsp natural cheddar cheese, reduced-fat		67
+ 1 Tbsp chopped scallions		1
1 small whole wheat roll:		148
+ 1 tsp soft (tub) margarine		26
1 small apple		1
1 cup low-fat milk		107
SNACKS		SODIUM (MG)
½ cup almonds, unsalted		0
¼ cup raisins		4
½ cup fruit yogurt, fat-free, no sugar added		86
TOTAL SODIUM (MG) FOR DAY 1		2,101

219 mg less sodium
Try shredded wheat cereal instead of bran flakes.

59 mg less sodium
Make the chicken salad without salt.

198 mg less sodium
Use regular mustard in place of Dijon mustard.

66 mg less sodium
Use low-sodium, reduced-fat cheddar cheese.

26 mg less sodium
Use unsalted margarine.

Total nutrients per day 2,062 calories, 63g total fat, 28% calories from fat, 13g saturated fat, 6% calories from saturated fat, 155 mg cholesterol, 2,101mg sodium, 284g carbohydrate, 114g protein, 1,220mg calcium, 594mg magnesium, 4,909mg potassium, 37g fiber

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National Heart, Lung,
and Blood Institute

DAY 2

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 2 menu contains this number of servings from each DASH Food Group



BREAKFAST		SODIUM (MG)
●	½ cup instant oatmeal	54
●	1 mini whole wheat bagel:	84
●	+ 1 Tbsp peanut butter	81
●	1 medium banana	1
●	1 cup low-fat milk	107
LUNCH		SODIUM (MG)
● ● ●	chicken breast sandwich:	
● ●	+ 3 oz cooked chicken breast, skinless	65
● ●	+ 2 slices whole wheat bread	299
●	+ 1 slice (¾ oz) natural cheddar cheese, reduced-fat	202
●	+ 1 large leaf romaine lettuce	1
●	+ 2 slices tomato	2
●	+ 1 Tbsp mayonnaise, low-fat	101
● ●	1 cup cantaloupe chunks	26
● ●	1 cup apple juice	21
DINNER		SODIUM (MG)
● ●	1 cup spaghetti:	1
● ●	+ ¾ cup <u>vegetarian spaghetti sauce</u>	479
●	+ 3 Tbsp Parmesan cheese	287
●	spinach salad:	
●	+ 1 cup fresh spinach leaves	24
●	+ ¼ cup fresh carrots, grated	19
●	+ ¼ cup fresh mushrooms, sliced	1
●	+ 1 Tbsp vinaigrette dressing	1
●	½ cup corn, cooked from frozen	1
●	½ cup canned pears, juice pack	5
SNACKS		SODIUM (MG)
●	½ cup almonds, unsalted	0
●	¼ cup dried apricots	3
●	1 cup fruit yogurt, fat-free, no sugar added	173
TOTAL SODIUM (MG) FOR DAY 2		2,035

49 mg less sodium
Use regular oatmeal with 1 tsp cinnamon.

199 mg less sodium
Use reduced-fat, low-sodium, natural Swiss cheese instead of reduced-fat, natural cheddar cheese.

226 mg less sodium
Use low-sodium tomato paste in the vegetarian spaghetti sauce recipe.

Total nutrients per day 2,027 calories, 64g total fat, 28% calories from fat, 13g saturated fat, 6% calories from saturated fat, 114mg cholesterol, 2,035mg sodium, 288g carbohydrate, 99g protein, 1,370mg calcium, 535mg magnesium, 4,715mg potassium, 34g fiber

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National Heart, Lung, and Blood Institute

DAY 3

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 3 menu contains this number of servings from each DASH Food Group



BREAKFAST		SODIUM (MG)
●	3/4 cup bran flakes cereal:	220
●	+ 1 medium banana	1
●	+ 1 cup low-fat milk	107
●	1 slice whole wheat bread:	149
●	+ 1 tsp soft (tub) margarine	26
●●	1 cup orange juice	6
LUNCH		SODIUM (MG)
●●	beef barbecue sandwich:	
●●	+ 2 oz roast beef, eye of round	26
●●	+ 1 Tbsp barbecue sauce	156
●	+ 2 slices (1 1/2 oz) natural cheddar cheese, reduced-fat	405
●●	+ 1 hamburger bun	183
●	+ 1 large leaf romaine lettuce	1
●	+ 2 slices tomato	2
●●	1 cup <u>new potato salad</u>	17
●	1 medium orange	0
DINNER		SODIUM (MG)
●●●	3 oz cod:	70
●●	+ 1 tsp lemon juice	1
●	1/2 cup brown rice	5
●●	1 cup spinach, cooked from frozen, sautéed with:	184
●	+ 1 tsp canola oil	0
●	+ 1 Tbsp almonds, slivered	0
●	1 small cornbread muffin, made with oil:	119
●	+ 1 tsp soft (tub) margarine	26
SNACKS		SODIUM (MG)
●	1 cup fruit yogurt, fat-free, no sugar added	173
●	1 Tbsp sunflower seeds, unsalted	0
●	2 large graham cracker rectangles:	156
●	+ 1 Tbsp peanut butter	81
TOTAL SODIUM (MG) FOR DAY 3		2,114

26 mg less sodium
Use unsalted margarine.

219 mg less sodium
Try puffed wheat cereal instead of bran flakes.

396 mg less sodium
Use low-sodium natural cheddar cheese instead of reduced-fat natural cheddar cheese.

26 mg less sodium
Use unsalted margarine.

Total nutrients per day 1,997 calories, 56g total fat, 25% calories from fat, 12g saturated fat, 6% calories from saturated fat, 140mg cholesterol, 2,114mg sodium, 289g carbohydrate, 103g protein, 1,537mg calcium, 630mg magnesium, 4,676mg potassium, 34g fiber

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National Heart, Lung,
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DAY 4

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 4 menu contains this number of servings from each DASH Food Group

4	4 $\frac{3}{4}$	7	3 $\frac{1}{2}$	5	1	3	0
Grains	Vegetables	Fruits	Dairy	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars

BREAKFAST		SODIUM (MG)
1 slice whole wheat bread:		149
+ 1 tsp soft (tub) margarine		26
1 cup fruit yogurt, fat-free, no sugar added		173
1 medium peach		0
1/2 cup grape juice		4
LUNCH		SODIUM (MG)
ham and cheese sandwich:		
+ 2 oz ham, low-fat, low-sodium		549
+ 2 slices whole wheat bread		299
+ 1 large leaf romaine lettuce		1
+ 2 slices tomato		2
+ 1 slice (3/4 oz) natural cheddar cheese, reduced-fat		202
+ 1 Tbsp mayonnaise, low-fat		101
1 cup carrot sticks		84
DINNER		SODIUM (MG)
chicken and Spanish rice		341
1 cup green peas, sautéed with:		115
+ 1 tsp canola oil		0
1 cup cantaloupe chunks		26
1 cup low-fat milk		107
SNACKS		SODIUM (MG)
1/2 cup almonds, unsalted		0
1 cup apple juice		21
1/4 cup apricots		3
1 cup low-fat milk		107
TOTAL SODIUM (MG) FOR DAY 4		2,312

26 mg less sodium
Use unsalted margarine.

526 mg less sodium
Try roast beef tenderloin instead of low-fat, low-sodium ham.

198 mg less sodium
Use reduced-fat, low-sodium natural cheddar cheese.

126 mg less sodium
Use low-sodium tomato sauce in Spanish rice recipe.

Total nutrients per day 2,024 calories, 59g total fat, 26% calories from fat, 12g saturated fat, 5% calories from saturated fat, 148mg cholesterol, 2,312mg sodium, 279g carbohydrate, 110g protein, 1,417mg calcium, 538mg magnesium, 4,575mg potassium, 35g fiber

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National Heart, Lung, and Blood Institute

DAY 5

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 5 menu contains this number of servings from each DASH Food Group



BREAKFAST		SODIUM (MG)
1 cup whole grain oat rings cereal:		273
+ 1 medium banana		1
+ 1 cup low-fat milk		107
1 medium raisin bagel:		272
+ 1 Tbsp peanut butter		81
1 cup orange juice		5
LUNCH		SODIUM (MG)
tuna salad plate:		
+ ½ cup tuna salad		171
+ 1 large leaf romaine lettuce		1
+ 1 slice whole wheat bread		149
cucumber salad:		
+ 1 cup fresh cucumber slices		2
+ ½ cup tomato wedges		5
+ 1 Tbsp vinaigrette dressing		133
½ cup cottage cheese, low-fat:		459
+ ½ cup canned pineapple, juice pack		1
+ 1 Tbsp almonds, unsalted		0
DINNER		SODIUM (MG)
3 oz turkey meatloaf		205
1 small baked potato:		14
+ 1 Tbsp sour cream, fat-free		21
+ 1 Tbsp natural cheddar cheese, reduced-fat, grated		67
+ 1 scallion stalk, chopped		1
1 cup collard greens, sautéed with:		85
+ 1 tsp canola oil		0
1 small whole wheat roll		148
1 medium peach		0
SNACKS		SODIUM (MG)
1 cup fruit yogurt, fat-free, no sugar added		173
2 Tbsp sunflower seeds, unsalted		0
TOTAL SODIUM (MG) FOR DAY 5		2,373

67 mg less sodium
Use unsalted peanut butter.

269 mg less sodium
Try frosted shredded wheat instead of whole grain oat rings cereal.

96 mg less sodium
Use 6 low-sodium whole wheat crackers.

67 mg less sodium
Use fat-free yogurt dressing.

131 mg less sodium
Use low-sodium ketchup in turkey meatloaf.

66 mg less sodium
Use low-sodium, reduced-fat cheese.

147 mg less sodium
Use 6 small melba toast crackers instead of a whole wheat roll.

Total nutrients per day 1,976 calories, 57 g total fat, 26% calories from fat, 11g saturated fat, 5% calories from saturated fat, 158 mg cholesterol, 2,373mg sodium, 275g carbohydrate, 111g protein, 1,470mg calcium, 495mg magnesium, 4,769mg potassium, 30 g fiber

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DAY 6

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 6 menu contains this number of servings from each DASH Food Group

6
Grains

5 3/4
Vegetables

5
Fruits

2 1/2
Dairy

6
Meats, Fish, and Poultry

3/4
Nuts, Seeds, and Legumes

3 2/3
Fats and Oils

1
Sweets and Added Sugars

BREAKFAST		SODIUM (MG)
●	1 low-fat granola bar	81
●	1 medium banana	1
●	1/2 cup fruit yogurt, fat-free, no sugar added	86
●●	1 cup orange juice	5
●	1 cup low-fat milk	107
LUNCH		SODIUM (MG)
●●●	turkey breast sandwich:	
●●●	+ 3 oz cooked turkey breast	48
●●●	+ 2 slices whole wheat bread	299
●●●	+ 1 large leaf romaine lettuce	1
●●●	+ 2 slices tomato	2
●●●	+ 2 tsp mayonnaise, low-fat	67
●●●	+ 1 Tbsp Dijon mustard	373
●●●	1 cup steamed broccoli, cooked from frozen	11
●●●	1 medium orange	0
DINNER		SODIUM (MG)
●●●●	3 oz <u>spicy baked fish</u>	50
●●●●	1 cup scallion rice	18
●●●●	spinach sauté:	
●●●●	+ 1/2 cup spinach, cooked from frozen, sautéed with:	92
●●●●	+ 2 tsp canola oil	0
●●●●	+ 1 Tbsp almonds, slivered, unsalted	0
●●●●	1 cup carrots, cooked from frozen	84
●●●●	1 small whole wheat roll:	148
●●●●	+ 1 tsp soft (tub) margarine	26
●●●●	1 small cookie	60
SNACKS		SODIUM (MG)
●●●●	2 Tbsp peanuts, unsalted	1
●●●●	1 cup low-fat milk	107
●●●●	1/4 cup dried apricots	3
TOTAL SODIUM (MG) FOR DAY 6		1,671

198 mg less sodium
Use 1 Tbsp regular mustard instead of Dijon mustard.

DASH EATING PLAN

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DAY 7

A Week With DASH

The menu below contains the recommended number of daily servings from each DASH food group as well as a heart healthy 2,300 mg of sodium. You can easily reduce the sodium in this menu to 1,500 mg by substituting some key food items, which are highlighted in yellow. Just follow the tips.

The Day 7 menu contains this number of servings from each DASH Food Group



BREAKFAST		SODIUM (MG)
●	1 cup whole grain oat rings:	273
●	+ 1 medium banana	1
●	+ 1 cup low-fat milk	107
●	1 cup fruit yogurt, fat-free, no sugar added	173
LUNCH		SODIUM (MG)
● ● ●	tuna salad sandwich:	
●	+ ½ cup tuna, drained, rinsed	39
●	+ 1 Tbsp mayonnaise, low-fat	101
●	+ 1 large leaf romaine lettuce	1
●	+ 2 slices tomato	2
● ●	+ 2 slices whole wheat bread	299
●	1 medium apple	1
●	1 cup low-fat milk	107
DINNER		SODIUM (MG)
● ● ● ● ●	½ recipe zucchini lasagna	368
●	salad:	
●	+ 1 cup fresh spinach leaves	24
● ●	+ 1 cup tomato wedges	9
●	+ 2 Tbsp croutons, seasoned	62
●	+ 1 Tbsp vinaigrette dressing, reduced calorie	133
●	+ 1 Tbsp sunflower seeds	0
●	1 small whole wheat roll:	148
●	+ 1 tsp soft (tub) margarine	45
● ●	1 cup grape juice	8
SNACKS		SODIUM (MG)
●	½ cup almonds, unsalted	0
●	¼ cup dry apricots	3
●	6 whole wheat crackers	166
TOTAL SODIUM (MG) FOR DAY 7		2,069

268 mg less sodium
Try regular oatmeal
Instead of whole grain oat rings.

203 mg less sodium
Use low-fat, no salt added cottage cheese in zucchini lasagna recipe.

26 mg less sodium
Use unsalted margarine.

Total nutrients per day 1,993 calories, 64g total fat, 29% calories from fat, 13g saturated fat, 6% calories from saturated fat, 71mg cholesterol, 2,069mg sodium, 283g carbohydrate, 93g protein, 1,616mg calcium, 537mg magnesium, 4,693mg potassium, 32g fiber

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