

# The DASH Eating Plan



What you eat directly impacts your health and overall well-being. If you're looking for a flexible and balanced eating plan, try **DASH**, which stands for "**D**ietary **A**pproaches to **S**top **H**ypertension". A well-balanced DASH eating plan includes fruits, vegetables, fish, poultry, nuts, whole grains, and low-fat dairy products.

It's easy to do! HMSA has certified health coaches who can help you follow a healthy eating plan. Call **1 (855) 329-5461** toll-free to connect with a health coach today at no cost to you.

FOOD GROUP	SERVINGS PER DAY (IN CALORIES)				SERVING SIZES	EXAMPLES	NOTES
	1,200	1,600	1,800	2,000			
<b>Grains</b>	4-5	6	6	6-8	½ cup cooked rice, pasta, or cereal <sup>a</sup> 1 slice bread 1 oz. dry cereal <sup>a</sup>	Oatmeal, brown rice, popcorn, grits, bread, rolls, pasta, pita bread, bagel, cereal. Whole grains are recommended for most servings.	Sources of energy and fiber.
<b>Vegetables</b>	3-4	3-4	4-5	4-5	1 cup raw, leafy vegetables ½ cup cut-up raw or cooked vegetables ½ cup vegetable juice	Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes.	Sources of potassium, magnesium, and fiber.
<b>Fruits</b>	3-4	4	4-5	4-5	1 medium fruit ½ cup fresh, frozen, or canned fruit ¼ cup dried fruit ½ cup fruit juice	Apples, bananas, grapes, oranges, peaches, strawberries, melon, pineapple, raisins, apricots, dates, fruit juice.	Sources of potassium, magnesium, and fiber.
<b>Fat-free or low-fat dairy products<sup>b</sup></b>	2-3	2-3	2-3	2-3	1 cup milk or yogurt 1½ oz. cheese	Milk, cheese, yogurt, frozen yogurt.	Sources of calcium and protein.
<b>Lean meats, poultry, and fish</b>	3 or less	3-4 or less	6 or less	6 or less	1 oz. cooked meats, poultry, or fish 1 egg	Chicken breast, turkey cutlets, pork loin, beef top round.	Sources of protein and magnesium. Trim away skin and visible fats; broil, roast, or poach.
<b>Nuts, seeds, and legumes</b>	3 per week	3-4 per week	4 per week	4-5 per week	½ cup or 1½ oz. nuts 2 Tbsp. peanut butter 2 Tbsp. or ½ oz. seeds ½ cup cooked legumes (beans, peas)	Almonds, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas.	Sources of energy, magnesium, protein, and fiber.

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FOOD GROUP	SERVINGS PER DAY (IN CALORIES)				SERVING SIZES	EXAMPLES	NOTES
	1,200	1,600	1,800	2,000			
Fats and oils <sup>c</sup>	1	2	2-3	2-3	1 tsp. soft margarine 1 tsp. vegetable oil 1 Tbsp. mayonnaise 2 Tbsp. salad dressing	Soft margarine, vegetable oil (canola, corn, olive, safflower), mayonnaise, salad dressing.	Monounsaturated and polyunsaturated fats are healthy choices. Both are found in plant-based foods. All fats are high in calories.
Sweets and added sugars	3 or less per week	3 or less per week	5 or less per week	5 or less per week	1 Tbsp. sugar 1 Tbsp. jelly or jam ½ cup sorbet or gelatin dessert 1 cup lemonade	Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar.	Sweets should be low in fat.

Talk with your doctor before starting a nutrition or weight-management program to see if it's right for your needs.

- a Serving sizes vary between 1/2 cup and 1 1/4 cups depending on cereal type. Check the product's Nutrition Facts label.
- b For lactose intolerance, try either lactase enzyme pills or lactose-free or lactose-reduced milk.
- c Fat content changes the serving amount for fats and oils. For example, 1 Tbsp. regular salad dressing = one serving; 1 Tbsp. low-fat dressing = one half serving; 1 Tbsp. fat-free dressing = zero servings.

Sources:

"Your Guide to Lowering Your Blood Pressure With DASH." National Heart, Lung, and Blood Institute, Apr. 2006. Web. 18 Aug. 2015.

"Healthy Eating Plan." National Heart, Lung, and Blood Institute, n.d. Web. 04 Sept. 2015.



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