

Follow the “DASH” (Dietary Approaches to Stop Hypertension) Eating Plan. (See the chart below.) Doing this and lowering the amount of salt you eat have been shown in studies to lower blood pressure and may help prevent high blood pressure.

Read food labels for sodium content. Choose foods that say “low sodium” or “no salt added” or have a Daily Value (DV) for sodium of 5% or less. Foods with a DV of 20% or more are high in sodium.

The DASH Eating Plan for 2,000 and 1,600 Calories/Day

Food Group	Daily Servings		Serving Sizes	Examples and Notes	Benefits of Each Food Group
	2000	1600			
Grains and grain products	7-8	6	1 slice bread 1 ounce dry cereal ½ cup cooked rice, pasta, or cereal	Whole-grain breads and cereals. English muffins. Pita breads. Bagels. Grits. Crackers. Unsalted pretzels and popcorn.	Major source of energy and fiber
Vegetables	4-5	3-4	1 cup raw leafy vegetable ½ cup cooked vegetable 6 oz. vegetable juice	Tomatoes. Potatoes. Carrots. Green peas. Squash. Broccoli. Turnip greens. Collards. Kale. Spinach. Green beans. Lima beans.	Rich sources of potassium, magnesium, and fiber
Fruits	4-5	4	1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit 6 oz. fruit juice	Apricots. Bananas. Dates. Oranges & grapefruits (and their juices). Mangoes. Melons. Peaches. Pineapples. Prunes. Raisins. Strawberries. Tangerines.	Rich sources of potassium, magnesium, and fiber
Low-fat or fat-free dairy foods	2-3	2-3	8 ounces milk 1 cup yogurt 1½ oz. cheese	Fat-free (skim) and low-fat (1%) milks. Low-fat buttermilk. Fat-free or low-fat regular or frozen yogurt. Low-fat and fat-free cheeses.	Major sources of calcium and protein
Meats, poultry, and fish	2 or less	1-2	3 ounces cooked meat, poultry, or fish	Choose lean meats. Trim visible fats. Broil, roast, or boil, instead of frying. Remove skin from poultry.	Rich sources of protein and magnesium
Nuts, seeds, and dry beans	4-5 per week	3 per week	⅓ cup or 1½ oz. nuts 2 Tbsp. or ½ oz. seeds ½ cup cooked dry beans, peas	Almonds. Filberts. Mixed nuts. Peanuts. Walnuts. Sunflower seeds. Kidney beans. Lentils.	Rich sources of magnesium, fiber, potassium, protein
Fats and oils	2-3	2	1 tsp. vegetable oil 1 tsp. soft margarine 1 Tbsp. low-fat mayonnaise 2 Tbsp. light salad dressing	Soft margarine. Low-fat mayonnaise. Light salad dressing. Vegetable oil (e.g., olive, corn, canola, and safflower).	DASH has 27% of calories as fat. This includes fat in or added to foods.
Sweets	5 per week	0	1 Tbsp. sugar 1 Tbsp. jelly or jam ½ oz. jelly beans 8 oz. lemonade	Maple syrup. Sugar. Jelly. Jam. Fruit-flavored gelatin. Jelly beans. Hard candy. Fruit punch. Sorbet. Ices.	Sweets should be low in fat.

The DASH Eating Plan lowers blood pressure and the risk of heart disease and stroke.

Find out more about the DASH Eating Plan from [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov). Search for “DASH Eating Plan.” To order it by phone, call 301.592.8573.