

HEART HEALTH · FREE FOOD LIST

THE DASH DIET FOOD LIST

What to Eat, How Much, and One Day That Adds Up

FREE
LIST

FOOD GROUPS · SERVINGS · LOWER-SODIUM PICKS · ONE DAY

8

FOOD GROUPS

2,000

CALORIE SERVINGS

1

DAY TALLIED

12

STORE PICKS

PRINT IT, TAKE IT SHOPPING

The DASH Diet *Food List*

DASH is an eating plan tested in NIH-funded studies: more vegetables, fruit, whole grains, low-fat dairy, beans and nuts, and less salt, saturated fat and sugar. This list gives the servings for each food group at 2,000 calories, what one serving looks like, lower-sodium picks at the store, and one day that adds up.

Servings at 2,000 calories

NHLBI

FOOD GROUP	SERVINGS
Grains (mostly whole grains)	6–8 a day
Vegetables	4–5 a day
Fruit	4–5 a day
Fat-free or low-fat dairy	2–3 a day
Lean meats, poultry and fish (1-oz servings)	6 or less a day
Fats and oils	2–3 a day
Nuts, seeds, dry beans and peas	4–5 a week
Sweets	5 or less a week
Sodium	2,300 mg a day

Servings change with your calorie needs. Keep taking your medicines as prescribed, and talk to your doctor before changing your diet if you have kidney disease.



SHOP THE PRODUCE AISLE FIRST

Vegetables and fruit fill half the DASH plate.

The eight food groups

AT A GLANCE

THE DASH FOOD GROUPS



Whole grains



Vegetables



Fruits



Low-fat dairy



Lean meat, poultry and fish



Nuts, seeds and beans



Fats and oils



Sweets (small)

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Grains	Oats, brown rice, whole-wheat bread and pasta, barley, quinoa, unsalted popcorn
Vegetables	Leafy greens, broccoli, carrots, tomatoes, peppers, sweet potatoes, squash, green beans
Fruit	Bananas, oranges, berries, melon, kiwi, apples, peaches, dried apricots and raisins
Low-fat dairy	Fat-free or 1% milk, plain low-fat yogurt, a little cheese
Lean meat, poultry, fish	Fish, skinless chicken and turkey, pork tenderloin, eggs
Nuts, seeds, legumes	Unsalted almonds, walnuts and peanuts, sunflower and pumpkin seeds, beans, lentils, peas
Fats and oils	Olive and canola oil, soft tub margarine, light dressing
Sweets (small)	Fruit-based desserts, jam, maple syrup: small portions, a few times a week





What counts as one serving

NHLBI

A serving is smaller than most plates. A restaurant bowl of pasta can be four grain servings.

Grains	1 slice bread · 1 oz dry cereal · 1/2 cup cooked rice, pasta or cereal
Vegetables	1 cup raw leafy vegetables · 1/2 cup cut-up raw or cooked vegetables · 1/2 cup vegetable juice
Fruits	1 medium fruit · 1/4 cup dried fruit · 1/2 cup fresh, frozen or canned fruit · 1/2 cup fruit juice
Low-fat milk products	1 cup milk or yogurt · 1 1/2 oz cheese
Lean meats, poultry, fish	1 oz cooked meat, poultry or fish · 1 egg
Nuts, seeds, legumes	1/3 cup or 1 1/2 oz nuts · 2 tbsp peanut butter · 2 tbsp or 1/2 oz seeds · 1/2 cup cooked beans or peas
Fats and oils	1 tsp soft margarine or vegetable oil · 1 tbsp mayonnaise · 2 tbsp salad dressing
Sweets	1 tbsp sugar, jelly or jam · 1/2 cup sorbet · 1 cup lemonade

HAND GUIDE

- A fist: about 1 cup.
- A cupped hand: about 1/2 cup.
- A palm: about 3 oz cooked fish or chicken.
- A thumb: about 1 tablespoon.

READ THE LABEL

- Sodium 5% Daily Value or less: low.
- Sodium 20% Daily Value or more: high.
- Check the serving size, and double it if you eat two.



HERBS, NOT SALT

Basil, parsley and rosemary on the windowsill.

Lower-sodium picks at the store

USDA

Same food, much less sodium. Sodium per portion from USDA FoodData Central.

INSTEAD OF	PICK	PORTION	BEFORE	AFTER
Deli ham	Home-roasted turkey breast	2 oz	456 mg	55 mg
Canned chicken noodle soup	Low-sodium chicken noodle soup	1 cup	807 mg	417 mg
Canned black beans	No-salt-added black beans	1/2 cup	461mg	1 mg
Canned diced tomatoes	No-salt-added diced tomatoes	1/2 cup	138 mg	12 mg
Salted dry-roasted peanuts	Unsalted dry-roasted peanuts	1 oz	115 mg	2 mg
Soy sauce	Reduced-sodium soy sauce	1tbsp	879 mg	576 mg
Salted potato chips	Air-popped popcorn, unsalted	1 oz	148 mg	1 mg
Salted pretzels	Unsalted pretzels	1 oz	347 mg	70 mg
Cottage cheese, regular	Cottage cheese, no salt added	1/2 cup	348 mg	15 mg
Processed American cheese	Low-sodium processed cheese	1 slice	351mg	1 mg
Italian dressing, regular	Italian dressing, no salt added	2 tbsp	298 mg	9 mg
Canned mixed vegetables	Frozen mixed vegetables	1/2 cup	280 mg	59 mg

POTASSIUM: ASK FIRST

DASH foods are rich in potassium. If you have kidney disease or take ACE inhibitors, ARBs or potassium-sparing diuretics, ask your doctor before eating more of them or using a salt substitute.



One DASH day, tallied

TRY IT

One day from The DASH Diet Recipe Book, with sodium and potassium per serving from USDA data:

MEAL	WHAT	SODIUM	POTASSIUM
Breakfast	Banana Walnut Oatmeal	92 mg	718 mg
Lunch	Lemony Lentil and Carrot Soup	192 mg	1,074 mg
Dinner	Lemon Baked Cod with Potatoes	92 mg	1,465 mg
Snack	Unsalted Almonds and an Orange	2 mg	379 mg
The day		378 mg	3,636 mg

That leaves room under 2,300 mg for bread, milk and a meal out.

My sodium day

ADDS ITSELF UP

MEAL	WHAT I ATE	SODIUM (MG)
Breakfast	<input type="text"/>	<input type="text"/>
Lunch	<input type="text"/>	<input type="text"/>
Dinner	<input type="text"/>	<input type="text"/>
Snack	<input type="text"/>	<input type="text"/>
Drinks	<input type="text"/>	<input type="text"/>
My day		<input type="text"/>



BEANS AND GRAINS

No-salt-added beans and whole grains in the pantry.

From a list to four weeks

This list covers what to eat. **The DASH–Style Eating Kit** turns it into four weeks: one change a week, menus and shopping lists, a servings tracker and a sodium tally that add themselves up, a potassium chart and a home blood pressure log. **The DASH Diet Recipe Book** adds 40 recipes, every one under 600 mg sodium a serving.

THE DASH-STYLE EATING KIT

- Four weekly menus and shopping lists
- Servings tracker for 8 food groups
- Seven-day sodium tally
- Potassium chart of 40 foods
- 15 swaps with the sodium saved
- Home blood pressure log

SEE THE KIT →

THE DASH DIET RECIPE BOOK

- 40 recipes, each serves 2
- Every one under 600 mg sodium a serving
- Sodium, potassium and fiber per serving
- Numbers from USDA

SEE THE RECIPE BOOK →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

National Heart, Lung, and Blood Institute. DASH Eating Plan. nhlbi.nih.gov/education/dash-eating-plan	Servings for each food group at 2,000 calories; serving sizes; 2,300 mg sodium
U.S. Food and Drug Administration. Sodium in your diet. fda.gov	5% Daily Value or less is low, 20% or more is high
USDA FoodData Central, SR Legacy (April 2018)	Every sodium and potassium number



LOW-FAT DAIRY

Two or three servings a day: milk, yogurt, a little cheese.

THIS WEEK

One more vegetable, *one less can of salt.*

01 • KNOW THE SERVINGS

Eight groups, at 2,000 calories.

02 • SHOP THE LIST

Lower-sodium picks.

03 • ADD IT UP

One day, written down.

THE NEXT STEP

The DASH-Style Eating Kit



This list covers what to eat. The kit adds four weeks of menus and shopping lists, a servings tracker and a sodium tally that add themselves up, a potassium chart and a home blood pressure log.

- Four weekly menus and shopping lists
- 15 swaps with the sodium saved
- Servings tracker and sodium tally

[SEE THE KIT →](#)

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EATING PATTERN

Anti-Inflammatory Diet: Complete Food List & Beginner

Vegetables, fruit, whole grains, beans and fish: the foods an everyday eating pattern is built on.

healthsecrets.com/inflammation/anti-inflammatory-diet-guide →

MINERALS

Magnesium Complete Guide: Forms, Dosing & Benefits

What magnesium does, which foods have it, and what to ask before taking a supplement.

healthsecrets.com/supplements/magnesium-complete-guide →

EXERCISE

Exercise for Longevity Guide | Optimal Types

Strength, cardio and balance work as you get older, and how much is enough.

healthsecrets.com/longevity/exercise-longevity-guide →

EVERYDAY HABITS

Blue Zones: Lessons from the World's Longest-Lived People

How people in long-lived communities eat and live, in plain words.

healthsecrets.com/longevity/blue-zones-longevity-lessons →



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