



HAPPY HEART

What is the DASH Diet?

The DASH diet is a diet plan that supports heart health and is designed to **reduce high blood pressure**

DASH stands for:

Dietary
Approaches to
Stop
Hypertension
(high blood pressure)

It focuses on:

EATING MORE fruits and vegetables

EATING LESS sodium (salt)

EATING LESS sweets, sugary drinks, & red meat

DASH Diet Plan Goals

based on a 2,000-Calorie-a-Day Diet

Food Group	Servings	Example Serving Size
Grains	6-8 daily	1 slice of bread 1 oz dry cereal
Vegetables	4-5 daily	1 cup raw leafy vegetables ½ cup raw/cooked vegetables
Fruit	4-5 daily	1 medium fruit ½ cup fruit or fruit juice
Fat-free & low-fat dairy	2-3 daily	1 cup milk or yogurt 1½ oz cheese
Lean meat, poultry, fish, & eggs	5-6 daily	1 oz cooked meat 1 egg
Fats & oils	2-3 daily	1 tsp margarine/ vegetable oil 1 Tbsp low-fat mayonnaise
Beans, Nuts, & Seeds	4-5 weekly	1/3 cup nuts 2 Tbs nut butter
Sweets	5 or less weekly	1 Tbs sugar 1 cup lemonade



Find recipes, tools, and resources at nhlbi.nih.gov/DASH



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