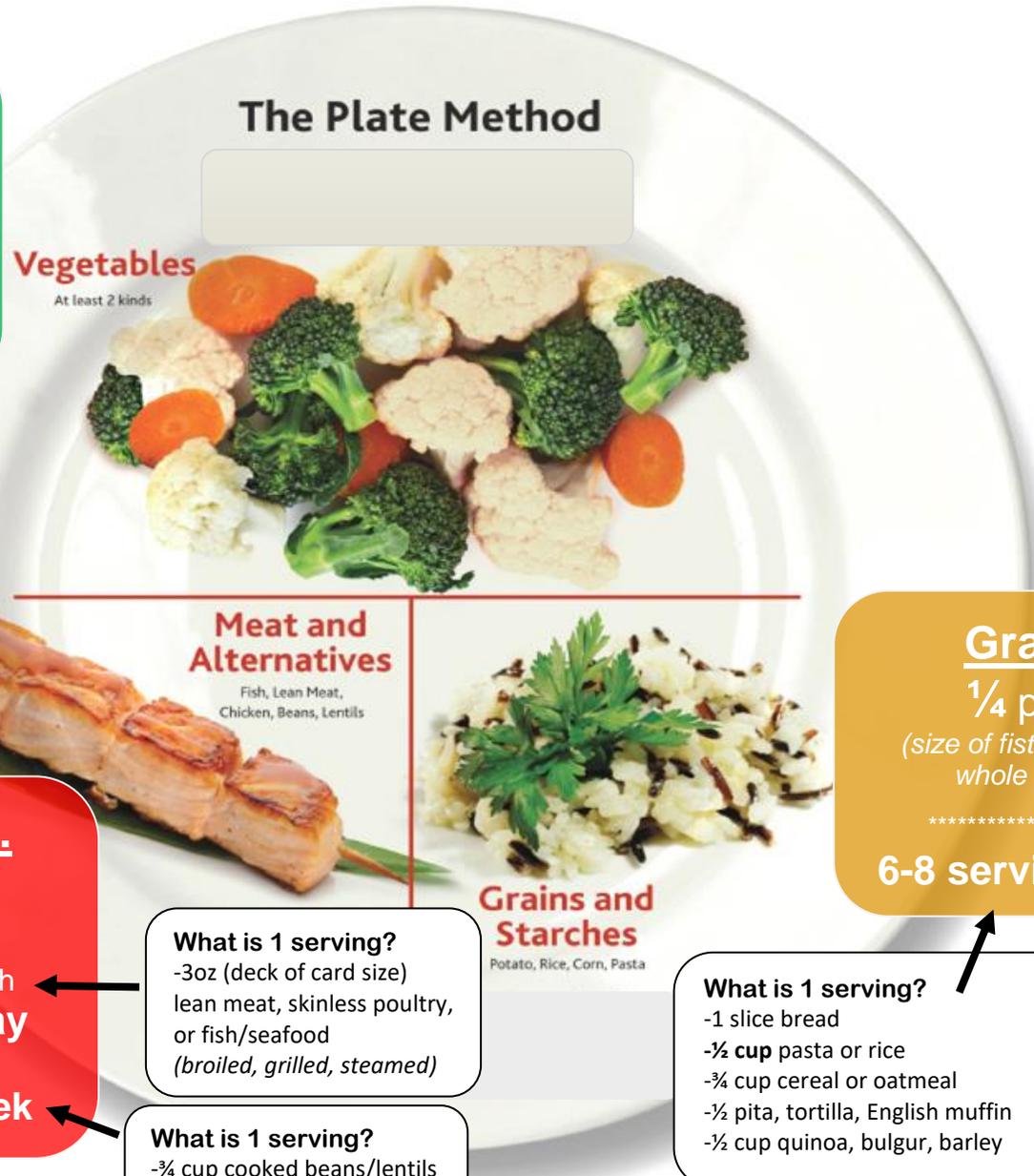


# DASH Eating Plan

(Dietary Approach to Stop Hypertension)

## HEALTHY PLATE MODEL



**Vegetables**  
 $\frac{1}{2}$  plate  
 (2 fist sizes 2x/day; aim for at least 2 kinds)  
 \*\*\*\*\*  
**4-5+ servings/day**

**What is 1 serving?**  
 -1/2 cup vegetables  
 -1 cup leafy greens

**Fruit**  
**4-5 servings/day**

**Milk and alt.**  
 (low-fat 0-2%)  
 \*\*\*\*\*  
**2-3 servings/day**

**What is 1 serving?**  
 -1 cup low-fat milk  
 -3/4 cup yogurt  
 -2x 100g container yogurt

**Meat and Alt.**  
 $\frac{1}{4}$  plate  
 \*\*\*\*\*  
 Meat, poultry and fish  
**0-2 servings/day**  
 Meat alternatives  
**4-5 servings/week**

**What is 1 serving?**  
 -3oz (deck of card size)  
 lean meat, skinless poultry,  
 or fish/seafood  
 (broiled, grilled, steamed)

**What is 1 serving?**  
 -3/4 cup cooked beans/lentils  
 -1/4 unsalted nuts  
 -2 Tbsp seeds

**Grains**  
 $\frac{1}{4}$  plate  
 (size of fist; preferably whole grains)  
 \*\*\*\*\*  
**6-8 servings/day**

**What is 1 serving?**  
 -1 slice bread  
 -1/2 cup pasta or rice  
 -3/4 cup cereal or oatmeal  
 -1/2 pita, tortilla, English muffin  
 -1/2 cup quinoa, bulgur, barley