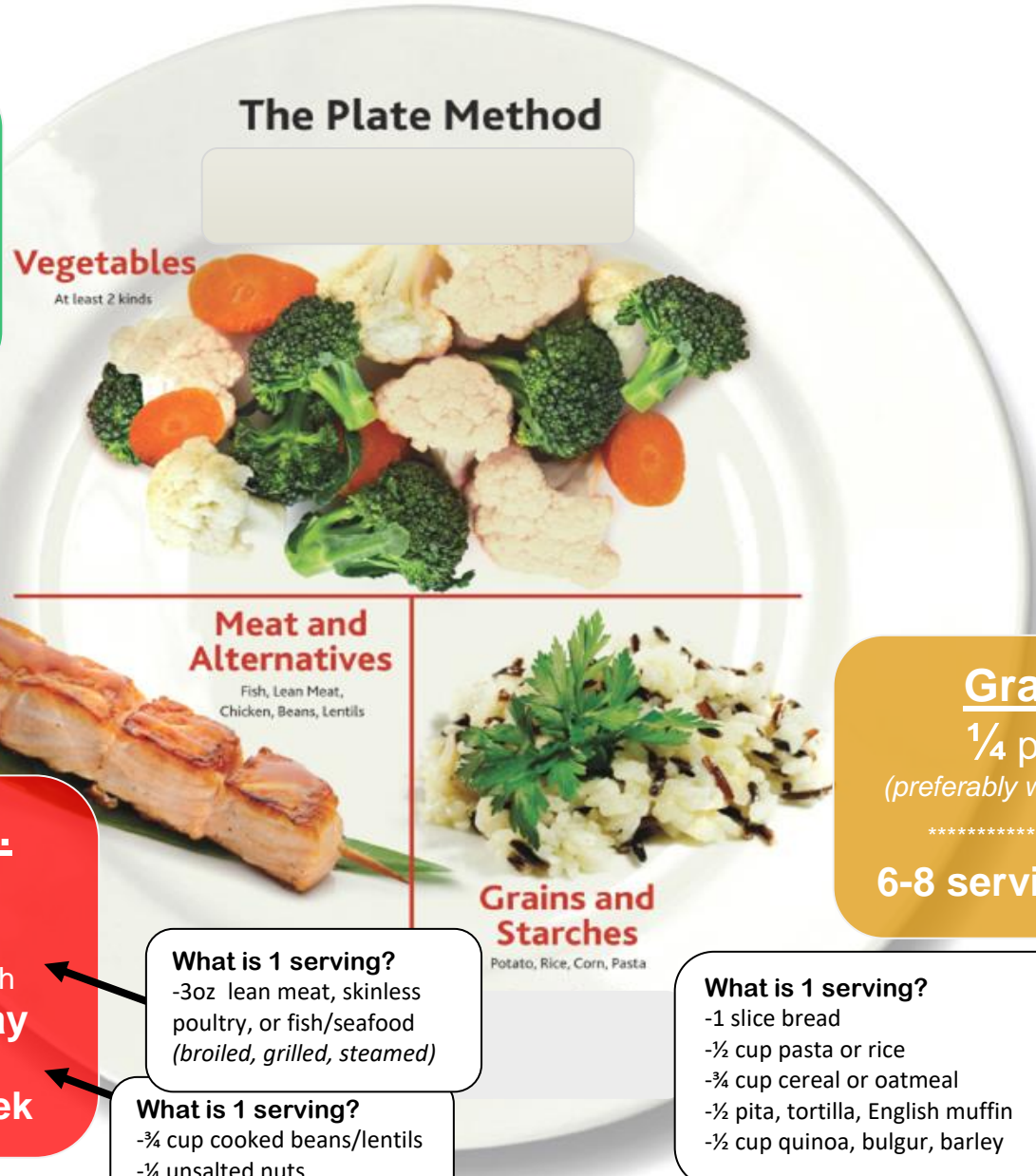


DASH Eating Plan

(Dietary Approach to Stop Hypertension)

HEALTHY PLATE MODEL



Vegetables
 $\frac{1}{2}$ plate
(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 lean meat, skinless poultry, or fish/seafood
(broiled, grilled, steamed)

What is 1 serving?
 - $\frac{3}{4}$ cup cooked beans/lentils
 - $\frac{1}{4}$ unsalted nuts
 -2 Tbsp seeds

Grains
 $\frac{1}{4}$ plate
(preferably whole grains)

6-8 servings/day

What is 1 serving?
 -1 slice bread
 - $\frac{1}{2}$ cup pasta or rice
 - $\frac{3}{4}$ cup cereal or oatmeal
 - $\frac{1}{2}$ pita, tortilla, English muffin
 - $\frac{1}{2}$ cup quinoa, bulgur, barley