



Eating Heart-Healthy Food: Using the DASH Plan

Eating for your heart doesn't have to be hard or boring. You just need to know how to make healthier choices. The DASH eating plan has been developed to help you do just that. DASH stands for Dietary Approaches to Stop Hypertension. It is a plan that has been proven to be healthier for your heart and to lower your risk for high blood pressure. It can also help lower your risk for cancer, heart disease, osteoporosis, and diabetes.



Choosing from Each Food Group

Choose foods from each of the food groups below each day. Try to get the recommended number of servings for each food group. The serving numbers are based on a diet of 2,000 calories a day. Talk to your doctor if you're unsure about your calorie needs.

<p style="text-align: center;">Grains</p> <p style="text-align: center;"><i>Servings: 7-8 a day</i></p> <p style="text-align: center;">A serving is:</p> <ul style="list-style-type: none"> • 1 slice bread • 1 ounce dry cereal • half a cup cooked rice or pasta <p>Best choices: Whole grains and any grains high in fiber.</p>	<p style="text-align: center;">Vegetables</p> <p style="text-align: center;"><i>Servings: 4-5 a day</i></p> <p style="text-align: center;">A serving is:</p> <ul style="list-style-type: none"> • 1 cup raw leafy vegetable • Half a cup cooked vegetable • Three-quarter cup vegetable juice <p>Best choices: Fresh or frozen vegetable prepared without too much added salt or fat.</p>
<p style="text-align: center;">Fruits</p> <p style="text-align: center;"><i>Servings: 4-5 a day</i></p> <p style="text-align: center;">A serving is:</p> <ul style="list-style-type: none"> • Three-quarter cup fruit juice <ul style="list-style-type: none"> • 1 medium fruit • One-quarter cup dried fruit • One-half cup fresh, frozen, or canned fruit <p>Best choices: A variety of fresh fruits of different colors. Whole fruits are a much better choice than fruit juices.</p>	<p style="text-align: center;">Low-fat or Fat Free Dairy</p> <p style="text-align: center;"><i>Servings: 2-3 a day</i></p> <p style="text-align: center;">A serving is:</p> <ul style="list-style-type: none"> • 8 ounces milk • 1 cup yogurt • One and a half ounces cheese <p>Best choices: Skim or 1% milk, low-fat or fat free yogurt or buttermilk, and low-fat cheeses.</p>