

YOUR QUICK DASH GUIDE

DASH stands for Dietary Approaches to Stop Hypertension. It focuses on eating more foods rich in nutrients that can help lower blood pressure. Following DASH and eating less sodium and saturated fat can help lower your blood pressure and LDL cholesterol.

DAIRY FOODS



2-3 servings/day

SERVING SIZE

1 cup milk
1 cup yogurt
1½ oz cheese

EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat or reduced fat cheese; fat-free, low-fat regular or frozen yogurt

Have trouble with lactose? Turn the page to learn more about lactose in dairy foods.

LEAN MEATS, FISH, POULTRY AND EGGS



6 servings or less/day

SERVING SIZE

1 oz cooked meats, fish or poultry
1 egg

EXAMPLES

Chicken or turkey without skin, salmon, tuna, trout; lean cuts of beef, pork or lamb

VEGETABLES



4-5 servings/day

SERVING SIZE

1 cup raw leafy
½ cup cut-up raw or cooked
½ cup juice

EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

FATS AND OILS



2-3 servings/day

SERVING SIZE

1 tsp soft margarine
1 tsp vegetable oil
1 tbsp mayonnaise
2 tbsp salad dressing

EXAMPLES

Soft margarine, vegetable oil (such as canola oil, corn, olive or safflower), low-fat mayonnaise, light salad dressing

FRUITS



4-5 servings/day

SERVING SIZE

1 medium
½ cup fresh, frozen or canned or juice
¼ cup dried fruit (unsweetened)

EXAMPLES

Apples, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangos, melons, peaches, pineapples, strawberries

NUTS, SEEDS, AND LEGUMES



4-5 servings/week

SERVING SIZE

1½ oz nuts (unsalted)
2 tbsp peanut butter
½ oz seeds
½ cup cooked legumes (dry beans and peas)

EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

GRAINS



6-8 servings/day

SERVING SIZE

1 slice bread
1 oz dry cereal
½ cup cooked rice, pasta or cereal

EXAMPLES

Oatmeal, grits, rice, unsalted pretzels, popcorn, whole grain cereal, whole wheat bread, rolls, pasta, pita bread, bagel

SWEETS AND ADDED SUGAR



5 servings or less/week

SERVING SIZE

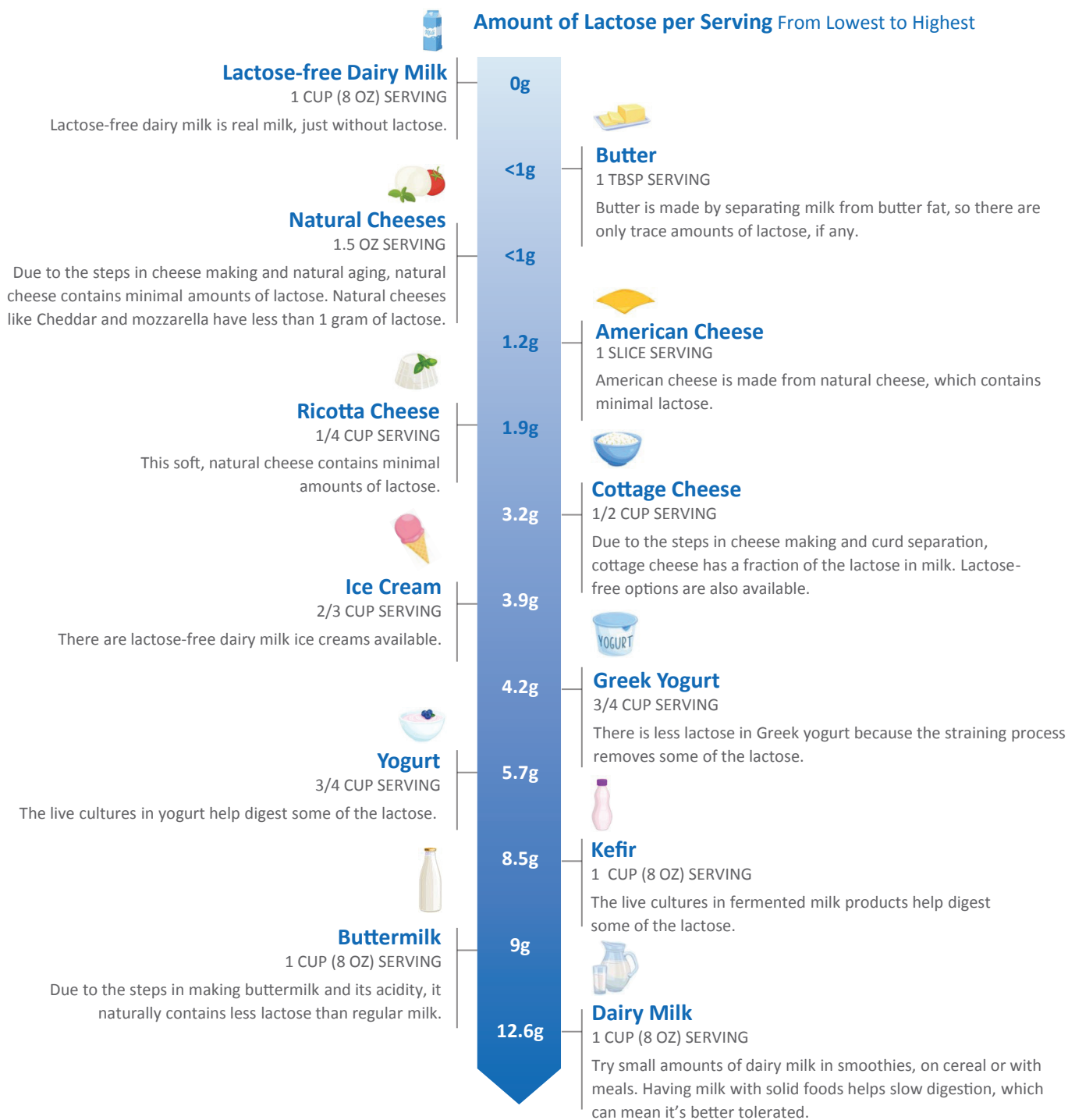
1 tbsp sugar
1 tbsp jelly or jam
½ cup sorbet or gelatin
1 cup lemonade

EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

Lactose Intolerance: How to Enjoy Dairy Foods with Confidence

Everyone tolerates lactose differently. The good news is there are a variety of lactose-free and lower-lactose choices that deliver on taste and nutrition.



Lactose content based on the Reference Amount Customarily Consumed (RACC) and data from FoodData Central: <https://fdc.nal.usda.gov/>. Accessed October 2022. Ricotta lactose content based on Facioni MS et al. 2020, Di Costanzo M et al. 2020 and Food Standards Australia New Zealand. Detailed data is on file and available upon request.