

The DASH diet (Dietary Approaches to Stop Hypertension), is a heart-healthy eating plan aimed at managing high blood pressure.

## BASICS OF DIET:

Manage your sodium intake (ideally no more than 1500mg daily for maximal blood pressure lowering effect but certainly no more than 2300mg daily)

Prioritise eating nutrient dense foods

Limit saturated and trans fats

Reduce sugar

**Your physician has recommended you follow the DASH eating plan on 1,800-2,000 calories a day. Follow these steps to get started.**

**STEP 1:**

- Use the food diary and the serving guide below to record everything you eat and drink. This will help you see what's working and where to improve.

**STEP 2:**

- Download a calorie and activity tracker app (e.g. *MyFITNESSpal*)
- Use a kitchen scale or measuring cups to control portions.
- Read food labels to check for sodium, added sugars and serving sizes.
- Tip: plan meals in advance to make healthy choices easier.

<p><b>GRAINS</b></p> <p>6-8 SERVINGS PER DAY</p> <p>SERVING SIZE  <b>1 slice</b> bread  <b>1 oz</b> dry cereal  <b>½ cup</b> cooked rice, pasta or cereal</p> <p>EXAMPLES            Oatmeal, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, pasta, English muffin, pita bread, bagel</p>	<p><b>VEGETABLES</b></p> <p>4-5 SERVINGS PER DAY</p> <p>SERVING SIZE  <b>1 cup</b> raw leafy vegetable  <b>½ cup</b> cut-up raw or cooked vegetable  <b>½ cup</b> vegetable juice</p> <p>EXAMPLES            Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes</p>	<p><b>FRUITS</b></p> <p>4-5 SERVINGS PER DAY</p> <p>SERVING SIZE  <b>1 medium</b> fruit  <b>¼ cup</b> dried fruit (unsweetened)  <b>½ cup</b> fresh, frozen or canned fruit, or fruit juice.</p> <p>EXAMPLES            Apples, apricots, bananas, dates, grapes, oranges, grapefruit juice, mangoes, melons, peaches, pineapple, raisins, strawberries</p>	<p><b>DIARY</b></p> <p>2-3 SERVINGS PER DAY</p> <p>SERVING SIZE  <b>1 cup</b> milk  <b>1 cup</b> yogurt  <b>1½ oz</b> cheese</p> <p>EXAMPLE            Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat or reduce-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products</p>
<p><b>LEAN MEATS, FISH, POULTRY &amp; EGGS</b></p> <p>6-8 SERVINGS OR LESS PER DAY</p> <p>SERVING SIZE  <b>1 oz</b> cooked meats, fish or poultry  <b>1 egg</b></p> <p>EXAMPLES            Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork and lamb</p>	<p><b>FATS AND OILS</b></p> <p>2-3 SERVINGS PER DAY</p> <p>SERVING SIZE  <b>1 tsp</b> soft margarine  <b>1 tsp</b> vegetable oil  <b>1 tbsp</b> mayonnaise  <b>2 tbsp</b> salad dressing</p> <p>EXAMPLES            soft margarine, vegetable oil (canola, corn, olive or safflower), low-fat mayonnaise, light salad dressing</p>	<p><b>NUTS, SEEDS &amp; LEGUMES</b></p> <p>4-5 SERVINGS PER WEEK</p> <p>SERVING SIZE  <b>⅓ cup</b> or <b>1½ oz</b> nuts (unsalted)  <b>2 tbsp</b> peanut butter  <b>2 tbsp</b> or <b>½ oz</b> seeds  <b>½ cup</b> cooked legumes (dry beans and peas)</p> <p>EXAMPLE            Almond, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas</p>	<p><b>SWEETS &amp; ADDED SUGARS</b></p> <p>5 SERVINGS OR LESS PER WEEK</p> <p>SERVING SIZE  <b>1 tbsp</b> sugar  <b>1 tbsp</b> jelly or jam  <b>½ cup</b> sorbet, gelatin  <b>1 cup</b> lemonade</p> <p>EXAMPLES            Fruit-flavoured gelatine, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar</p>

Use this worksheet for 1–2 days to see how your eating habits compare to the DASH plan. Record everything you eat and drink—including amounts, calories, and sodium—then track your number of servings by marking the circles.

**BREAKFAST** **CALORIES** **SODIUM (MG)**

_____	_____	_____
_____	_____	_____
_____	_____	_____

**Recommended DAILY SERVINGS**

**Grains (mostly grains)**  
6-8 servings per day

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

**Vegetables**  
4-5 servings per day

○ ○ ○ ○ ○ ○

**Fruits**  
4-5 servings per day

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

**Dairy (fat-free/low-fat)**  
2-3 servings per day

○ ○ ○ ○

**Lean Meats, Fish & Poultry**  
6 servings or less per day

○ ○ ○ ○ ○ ○ ○ ○

**Fats & Oils**  
2-3 servings per day

○ ○ ○ ○

**Nuts, Seeds & Legumes**  
4-5 servings per week

○ ○ ○ ○ ○ ○

**Sweet & Added Sugars**  
5 servings or less per week

○ ○ ○ ○ ○ ○

**LUNCH** **CALORIES** **SODIUM (MG)**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**DINNER** **CALORIES** **SODIUM (MG)**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**SNACKS** **CALORIES** **SODIUM (MG)**

_____	_____	_____
_____	_____	_____
_____	_____	_____

Add up your numbers. Aim for 1,800–2,000 calories and 1,500–2,300 mg of sodium daily.

TOTAL CALORIES	TOTAL SODIUM (MG)

# EXAMPLE MENU

Following the DASH diet guidelines

## BREAKFAST (=332 calories)

Spinach & Tomato Egg Scramble with Whole Grain Toast

- 2 large eggs + 1 cup fresh spinach + ½ cup cherry tomatoes, sautéed in 1 tsp olive oil (= 180 cal)
- 1 slice whole grain toast with 1 tsp of soft margarine (= 103 cal)
- 1 small banana (= 90 cal)
- 1 cup black coffee (or with splash of low-fat milk) (=2 cal or =22 cal with milk)



## LUNCH (=450 calories)

Grilled Chicken & Quinoa Veggie Bowl

- 3 oz grilled chicken breast (= 140 cal)
- ½ cup cooked quinoa (= 110 cal)
- 1 cup roasted mixed vegetables (zucchini, carrots, bell peppers (= 150 cal)
- 1 cup mixed leafy greens + 1 tsp olive oil + lemon juice (= 50 cal)



## SNACK (=204 calories)

Greek Yogurt & Berries

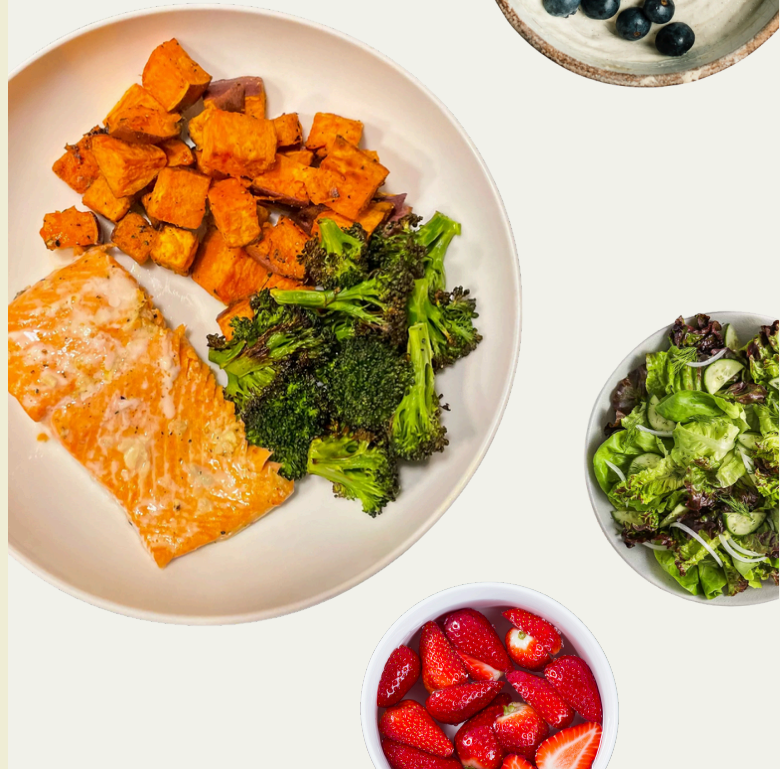
- ¾ cup plain non-fat Greek yogurt (= 110 cal)
- ½ cup fresh blueberries (= 42 cal)
- 2 Tbsp chopped almonds (= 105 cal)



## DINNER (=755 calories)

Baked Salmon with Sweet Potato & Broccoli

- 4 oz baked salmon with lemon & herbs (= 250cal)
- 1 medium baked sweet potato (= 100 cal)
- 1 tsp olive oil drizzle on sweet potato (= 40 cal)
- 1½ cups steamed broccoli (= 80 cal)
- 1 small whole wheat dinner roll (= 100 cal)
- Side salad: 1 cup mixed greens + cucumber + 1 tsp olive oil & vinegar dressing (= 125 cal)
- 1 cup sliced strawberries for dessert (= 60 cal)



## Totals (approximate)

Calories: 1,795

Sodium : 1,100 mg

This is an example day based on the recommended foods and serving sizes using DASH guidelines –please measure and track calorie and sodium amounts for the foods you prepare.