

# Control your blood pressure with these DASH daily servings

## x6-8/day

### Grains/whole grains

- 1 slice bread
- 1oz dry cereal
- ½ cup cooked rice/pasta/cereal



## x4-5/day

### Vegetables

- 1 cup raw leafy greens
- ½ cup cut-up raw or cooked vegetables



## x2-3/day

### Low/non fat dairy

- 1 cup milk
- 1 cup yogurt
- 1½ oz cheese



## x4-5/day

### Fruits

- 1 medium fruit
- ¼ cup dried fruit
- ½ cup fresh, frozen, or canned fruit, or juice



## x2-3/day

### Fats & oils

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



## x6 or less/day

### Lean meat, fish, poultry, eggs

- 1 oz cooked meat, fish, or poultry without skin
- 1 egg



Read food labels and limit sodium to 1,500-2,300 milligrams daily.  
← Go to [bit.ly/3HQggVI](https://bit.ly/3HQggVI) for more ideas from the NIH.

Monique Barte & Cecile Steinbeck, OHSU Campus for Rural Health

## Breakfast

- 1 store-bought (commercial) whole-wheat bagel with 2 tablespoons peanut butter (no salt added)
- 1 medium orange
- 1 cup fat-free milk
- Decaffeinated coffee

## Lunch

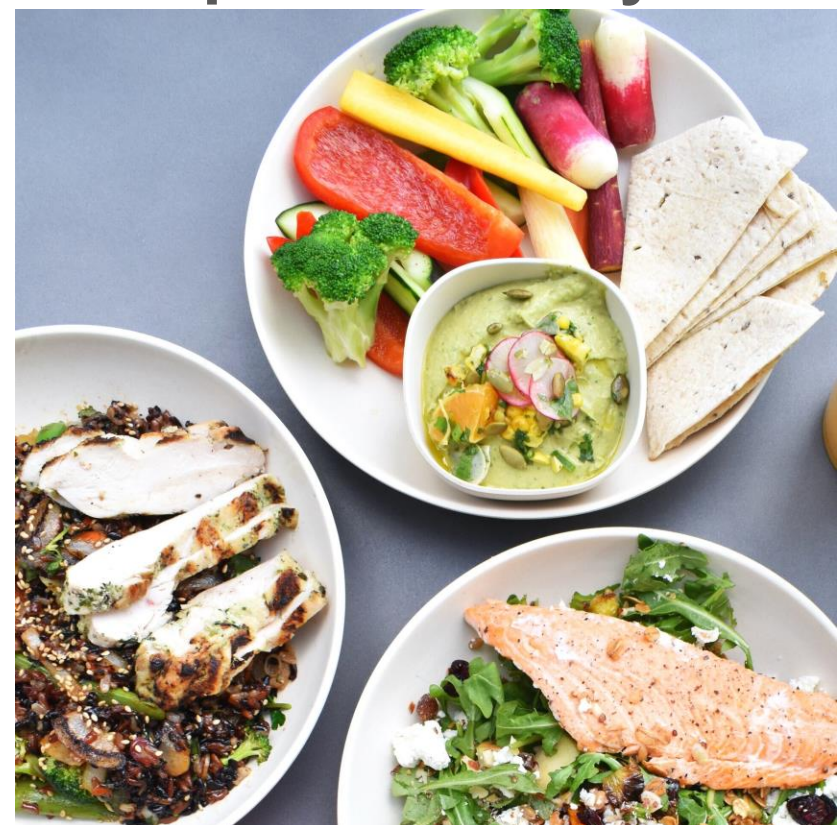
- **Curried chicken wrap:**
  - 1 medium whole-wheat tortilla
  - 2/3 cup cooked, chopped chicken, or about 3 ounces
  - 1/2 cup chopped apple
  - 1 1/2 tablespoons light mayonnaise
  - 1/2 teaspoon curry powder
  - 1/2 cup, or about 8, raw baby carrots
  - 1 cup fat-free milk

## Dinner

- 1 cup cooked whole-wheat spaghetti with 1 cup marinara sauce, no added salt
- 2 cups mixed salad greens
- 1 tablespoon low-fat Caesar dressing
- 1 small whole-wheat roll
- 1 teaspoon olive oil



## A DASH meal plan for a day



← Visit the Mayo Clinic [website](#) for more recipes

# References

- Mayo Clinic. (2021, July 1). *Nutrition and healthy eating*. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20050989>
- Mayo Clinic (n.d.). *DASH diet recipes*. <https://www.mayoclinic.org/healthy-lifestyle/recipes/dash-diet-recipes/rcs-20077146>
- National Heart, Lung, and Blood Institute. (2021, December 29). *Description of the DASH eating plan*. <https://www.nhlbi.nih.gov/education/dash-eating-plan>
- National Heart, Lung, and Blood Institute. (2003, May). *Your guide to lowering blood pressure* [PDF]. [https://www.nhlbi.nih.gov/files/docs/public/heart/hbp\\_low.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf)