

DASH DIET

HIGH CONSUMPTION

<u>Component</u>	<u>Examples of a serving</u>
Fruits (four or five servings per day)	1 medium fruit ¼ cup dried fruit
Vegetables (four or five servings per day)	1 cup raw leafy green vegetables ½ cup cooked vegetables 6 oz vegetable juice
Whole grains (seven or eight servings per day)	1 slice whole wheat bread 1 cup whole-grain cereal ½ cup cooked rice or pasta

MODERATE CONSUMPTION

<u>Component</u>	<u>Examples of a serving</u>
Low-fat dairy products (two or three servings per day)	8 oz low-fat milk 1 cup low-fat yogurt 1 ½ oz low-fat cheese
Lean meat (two servings per day)	3 oz cooked lean meat (e.g. 90% lean ground beef, trimmed pork chops) Skinless poultry fish
Nuts, seeds, and beans (four or five servings per week)	1/3 cup or 1 ½ oz nuts 1 tablespoon or ½ oz seeds ½ cooked beans
Fats and oils (two or three servings per day)	1 teaspoon margarine 1 teaspoon low-fat mayonnaise 2 tablespoons light salad dressing 1 teaspoon vegetable oil

LOW CONSUMPTION

<u>Component</u>	<u>Examples of a serving</u>
Cholesterol and saturated fats	2 egg whites in place of 1 whole egg
Red meat	3 oz serving up to three times per week
Salt	1 oz fat-free chips per day
Sweets or sweetened beverages (no more than five servings per week)	1 tablespoon sugar 1 tablespoon jelly or jam ½ oz jelly beans 8 oz lemonade
Soda	ABSOLUTELY NO SODA

For more information, Google - Dash For Good Health Southern Style

Website:

http://academicdepartments.musc.edu/cme/resources/obesity_resources/dashcookbook2008.pdf