

DASH Diet

<i>Food/Servings</i>	<i>Food Examples</i>
Grains and grain products - 7 to 8 daily	Whole wheat breads, English muffins, pita bread, bagels, cereals, oatmeal, grits
Fruits and vegetables - 4 to 5 fruit servings daily, 4 to 5 vegetables servings daily	Apricots, bananas, grapes, oranges, grapefruit, melons, strawberries, tomatoes, peas, carrots, potatoes, broccoli, squash, leafy greens
Dairy foods (low-fat or nonfat) - 2 to 3 daily	Skim or 1% milk
Meats, poultry, and fish - 2 or few daily	Lean meats only; trim visible fat, remove skin from poultry; broil, roast, or boil
Nuts, seeds, and legumes - 4 to 5 a week	Almonds, peanuts, mixed nuts, sunflower seeds, kidney beans, lentils

Adapted from Joint National Committee on detection, Evaluation, and Treatment of High Blood Pressure. (1997)
 The sixth report of the joint national committee on detection, evaluation, and treatment of high blood pressure.
 (JNV VI). Archives of Internal Medicine, 157, 24-14-2446