My Healthy Eating Plan Using the DASH Eating Plan

Food	Amount (serving size)	Sodium (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Number of Servings by Food Group:										
Breakfast										
Lunch										
Dinner										
Snacks										
Totals										
Compare yours with the DASH Eating Plan										
Read food labels to compare the sodium content of foods.										