

One Week With the DASH Eating Plan

(2,000 calories)

Day 1

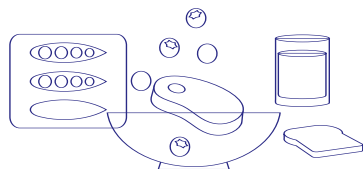
Number of Servings by DASH Food Group

2,300-mg Sodium (Na) Menu	Na (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast									
3/4 cup bran flakes cereal:	220	1							
1 medium banana	1			1					
1 cup milk, low-fat	107				1				
1 slice whole wheat bread:	149	1							
1 tsp soft (tub) margarine	26							1	
1 cup orange juice	5			2					
Lunch									
3/4 cup chicken salad*:	179					1			
2 slices whole wheat bread	299	2						1	
1 Tbsp Dijon mustard	373								
salad:									
1/2 cup fresh cucumber slices	1		1						
1/2 cup tomato wedges	5		1						
1 Tbsp sunflower seeds	0						1/2		
1 tsp Italian dressing, reduced calorie	43								
1/2 cup fruit cocktail, juice pack	5			1					
Dinner									
3 oz beef, eye of the round:	35					1			
2 Tbsp beef gravy, fat-free	165								
1 cup green beans, sautéed with:	12		2						
1/2 tsp canola oil	0							1/2	
1 small baked potato:	14		1						
1 Tbsp sour cream, fat-free	21								
1 Tbsp grated cheddar cheese, natural, reduced fat	67								
1 Tbsp chopped scallions	1								
1 small whole wheat roll:	148	1							
1 tsp soft (tub) margarine	26							1	
1 small apple	1			1					
1 cup milk, low-fat	107				1				
Snacks									
1/3 cup almonds, unsalted	0						1		
1/4 cup raisins	4			1					
1/2 cup fruit yogurt, fat-free, no sugar added	86				1/2				
Totals	2,101	5	5	6	2 1/2	2	1 1/2	3 1/2	0

Nutrients Per Day

Calories: 2,062
 Total fat: 63 g
 Calories from fat: 28%
 Saturated fat: 13 g
 Calories from saturated fat: 6%
 Cholesterol: 155 mg
 Sodium: 2,101 mg

Carbohydrate: 284 g
 Protein: 114 g
 Calcium: 1,220 mg
 Magnesium: 594 mg
 Potassium: 4,909 mg
 Fiber: 37 g



Day 2

Number of Servings by DASH Food Group

2,300-mg Sodium (Na) Menu	Na (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast									
1/2 cup instant oatmeal	54	1							
1 mini whole wheat bagel:	84	1							
1 Tbsp peanut butter	81						1/2		
1 medium banana	1			1					
1 cup milk, low-fat	107				1				
Lunch									
chicken breast sandwich:									
2 slices (3 oz) chicken breast, skinless	65					1			
2 slices whole wheat bread	299	2							
1 slice (3/4 oz) cheddar cheese, natural, reduced fat	202				1/2				
1 large leaf romaine lettuce	1		1/4						
2 slices tomato	2		1/2						
1 Tbsp mayonnaise, low-fat	101							1	
1 cup cantaloupe	26			2					
1 cup apple juice	21			2					
Dinner									
1 cup spaghetti:	1	2							
3/4 cup vegetarian spaghetti sauce*	479		1 1/2						
3 Tbsp Parmesan cheese	287				1/2				
spinach salad:									
1 cup fresh spinach leaves	24		1						
1/4 cup fresh carrots, grated	19		1/2						
1/4 cup fresh mushrooms, sliced	1		1/2						
1 Tbsp vinaigrette salad dressing**	0							1/2	
1/2 cup corn, cooked from frozen	1		1						
1/2 cup canned pears, juice pack	5			1					
Snacks									
1/3 cup almonds	0						1		
1/4 cup dried apricots	3			1					
1 cup fruit yogurt, fat-free, no sugar added	173				1				
Totals	2,035	6	5 1/4	7	3	1	1 1/2	1 1/2	0

Nutrients Per Day

Calories: 2,027

Total fat: 64 g

Calories from fat: 28%

Saturated fat: 13 g

Calories from saturated fat: 6%

Cholesterol: 114 mg

Sodium: 2,035 mg

Carbohydrate: 288 g

Protein: 99 g

Calcium: 1,370 mg

Magnesium: 535 mg

Potassium: 4,715 mg

Fiber: 34 g



*recipe on page 196

**recipe on page 129

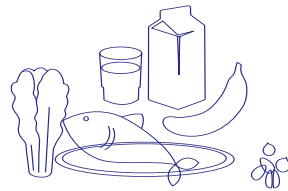
Day 3

Number of Servings by DASH Food Group

2,300-mg Sodium (Na) Menu	Na (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast ¾ cup bran flakes cereal: 1 medium banana 1 cup milk, low-fat 1 slice whole wheat bread: 1 tsp soft (tub) margarine 1 cup orange juice	220 1 107 149 26 6	1 1	 	1 2	 1 	 	 	1	
Lunch beef barbecue sandwich: 2 oz beef, eye of round 1 Tbsp barbecue sauce 2 slices (1½ oz) cheddar cheese, natural, reduced fat 1 hamburger bun 1 large leaf romaine lettuce 2 slices tomato 1 cup new potato salad* 1 medium orange	26 156 405 183 1 2 17 0	 2 	 ¼ ½ 2	 1	 1 	⅔	 		
Dinner 3 oz cod: 1 tsp lemon juice ½ cup brown rice 1 cup spinach, cooked from frozen, sautéed with: 1 tsp canola oil 1 Tbsp almonds, slivered 1 small cornbread muffin, made with oil: 1 tsp soft (tub) margarine	70 1 5 184 0 0 119 26	 1 1	 2 	 	 	1	 ¼	1 1	
Snacks 1 cup fruit yogurt, fat-free, no added sugar: 1 Tbsp sunflower seeds, unsalted 2 large graham cracker rectangles: 1 Tbsp peanut butter	173 0 156 81	 1 	 	 	1	 	½ ½		
Totals	2,114	7	4¾	4	3	1⅔	1¼	3	0

Nutrients Per Day

Calories: 1,997	Carbohydrate: 289 g
Total fat: 56 g	Protein: 103 g
Calories from fat: 25%	Calcium: 1,537 mg
Saturated fat: 12 g	Magnesium: 630 mg
Calories from saturated fat: 6%	Potassium: 4,676 mg
Cholesterol: 140 mg	Fiber: 34 g
Sodium: 2,114 mg	



Day 4

Number of Servings by DASH Food Group

2,300-mg Sodium (Na) Menu	Na (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast 1 slice whole wheat bread: 1 tsp soft (tub) margarine 1 cup fruit yogurt, fat-free, no added sugar 1 medium peach 1/2 cup grape juice	149 26 173 0 4	1		1 1	1			1	
Lunch ham and cheese sandwich: 2 oz ham, low-fat, low-sodium 1 slice (3/4 oz) cheddar cheese, natural, reduced fat 2 slices whole wheat bread 1 large leaf romaine lettuce 2 slices tomato 1 Tbsp mayonnaise, low-fat 1 carrot sticks	549 202 299 1 2 101 84	2	1/4 1/2 2		1/2	2/3		1	
Dinner chicken and Spanish rice* 1 cup green peas, sautéed with: 1 tsp canola oil 1 cup cantaloupe chunks 1 cup milk, low-fat	341 115 0 26 107	1	2	2	1	1		1	
Snacks 1/3 cup almonds 1 cup apple juice 1/4 cup apricots 1 cup milk, low-fat	0 21 3 107			2 1	1		1		
Totals	2,312	4	4³/₄	7	3¹/₂	1²/₃	1	3	0

Nutrients Per Day

Calories: 2,024

Total fat: 59 g

Calories from fat: 26%

Saturated fat: 12 g

Calories from saturated fat: 5%

Cholesterol: 148 mg

Sodium: 2,312 mg

Carbohydrate: 279 g

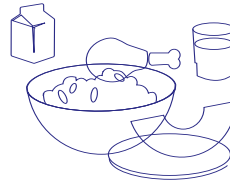
Protein: 110 g

Calcium: 1,417 mg

Magnesium: 538 mg

Potassium: 4,575 mg

Fiber: 35 g



*recipe on page 171

Day 5

Number of Servings by DASH Food Group

2,300-mg Sodium (Na) Menu	Na (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast									
1 cup whole oat rings cereal:	273	1							
1 medium banana	1			1					
1 cup milk, low-fat	107				1				
1 medium raisin bagel:	272	2							
1 Tbsp peanut butter	81						1/2		
1 cup orange juice	5			2					
Lunch									
tuna salad plate:									
1/2 cup tuna salad*	171					1			
1 large leaf romaine lettuce	1		1/4						
1 slice whole wheat bread	149	1							
cucumber salad:									
1 cup fresh cucumber slices	2		2						
1/2 cup tomato wedges	5		1						
1 Tbsp vinaigrette dressing	133							1	
1/2 cup cottage cheese, low-fat:	459				1/4				
1/2 cup canned pineapple, juice pack	1			1					
1 Tbsp almonds	0						1/4		
Dinner									
3 oz turkey meatloaf**	205					1			
1 small baked potato:	14		1						
1 Tbsp sour cream, fat-free	21								
1 Tbsp cheddar cheese, natural, reduced fat, grated	67								
1 scallion stalk, chopped	1								
1 cup collard greens, sautéed with:	85		2						
1 tsp canola oil	0							1	
1 small whole wheat roll	148	1							
1 medium peach	0			1					
Snacks									
1 cup fruit yogurt, fat-free, no added sugar	173				1				
2 Tbsp sunflower seeds	0						1		
Totals	2,373	5	6 1/4	5	2 1/4	2	1 3/4	2	0

Nutrients Per Day

Calories: 1,976
 Total fat: 57 g
 Calories from fat: 26%
 Saturated fat: 11 g
 Calories from saturated fat: 5%
 Cholesterol: 158 mg
 Sodium: 2,373 mg

Carbohydrate: 275 g
 Protein: 111 g
 Calcium: 1,470 mg
 Magnesium: 495 mg
 Potassium: 4,769 mg
 Fiber: 30 g



*recipe on page 149

**recipe on page 182

Day 6

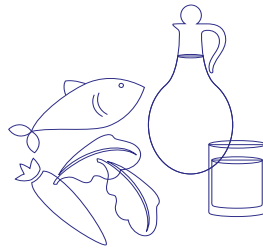
Number of Servings by DASH Food Group

2,300-mg Sodium (Na) Menu	Na (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast 1 granola bar, low-fat 1 medium banana 1/2 cup fruit yogurt, fat-free, no sugar added 1 cup orange juice 1 cup milk, low-fat	81 1 86 5 107	1		1 2	1/2 1				
Lunch turkey breast sandwich: 3 oz turkey breast 2 slices whole wheat bread 1 large leaf romaine lettuce 2 slices tomato 2 tsp mayonnaise, low-fat 1 Tbsp Dijon mustard 1 cup steamed broccoli, cooked from frozen 1 medium orange	48 299 1 2 67 373 11 0	2	1/4 1/2	2 1		1		2/3	
Dinner 3 oz spicy baked fish* 1 cup scallion rice** spinach sauté: 1/2 cup spinach, cooked from frozen 2 tsp canola oil 1 Tbsp almonds, slivered 1 cup carrots, cooked from frozen 1 small whole wheat roll: 1 tsp soft (tub) margarine 1 small cookie	50 18 92 0 0 84 148 26 60	2	1 2	1		1	1/4	2 1	1
Snacks 2 Tbsp peanuts, unsalted 1 cup milk, low-fat 1/4 cup dried apricots	1 107 3			1	1		1/2		
Totals	1,671	6	5³/₄	5	2¹/₂	2	3/4	3²/₃	1

Nutrients Per Day

Calories: 1,939
Total fat: 58 g
Calories from fat: 27%
Saturated fat: 12 g
Calories from saturated fat: 6%
Cholesterol: 171 mg
Sodium: 1,671 mg

Carbohydrate: 268 g
Protein: 105 g
Calcium: 1,210 mg
Magnesium: 548 mg
Potassium: 4,710 mg
Fiber: 36 g



*recipe on page 188

**recipe on page 205

Day 7

Number of Servings by DASH Food Group

2,300-mg Sodium (Na) Menu	Na (mg)	Grains	Vegetables	Fruits	Milk products	Meats, fish, and poultry	Nuts, seeds, and legumes	Fats and oils	Sweets and added sugars
Breakfast									
1 cup whole-grain oat rings cereal:	273	1							
1 medium banana	1			1					
1 cup milk, low-fat	107				1				
1 cup fruit yogurt, fat-free, no sugar added	173				1				
Lunch									
tuna salad sandwich:									
1/2 cup tuna, drained, rinsed	39					1			
1 Tbsp mayonnaise, low-fat	101							1	
1 large leaf romaine lettuce	1		1/4						
2 slices tomato	2		1/2						
2 slices whole wheat bread	299	2							
1 medium apple	1			1					
1 cup milk, low-fat	107				1				
Dinner									
1/6 recipe zucchini lasagna* salad:	368	3	1		1				
1 cup fresh spinach leaves	24		1						
1 cup tomato wedges	9		2						
2 Tbsp croutons, seasoned	62	1/4							
1 Tbsp vinaigrette dressing, reduced calorie	133							1/2	
1 Tbsp sunflower seeds	0						1/2		
1 small whole wheat roll:	148	1							
1 tsp soft (tub) margarine	45							1	
1 cup grape juice	8			2					
Snacks									
1/3 cup almonds, unsalted	0						1		
1/4 cup dry apricots	3			1					
6 whole wheat crackers	166	1							
Totals	2,069	8^{1/4}	4^{3/4}	5	4	1	1^{1/2}	2^{1/2}	0

Nutrients Per Day

Calories: 1,993
Total fat: 64 g
Calories from fat: 29%
Saturated fat: 13 g
Calories from saturated fat: 6%
Cholesterol: 71 mg
Sodium: 2,069 mg

Carbohydrate: 283 g
Protein: 93 g
Calcium: 1,616 mg
Magnesium: 537 mg
Potassium: 4,693 mg
Fiber: 32 g

