



Description of the DASH Eating Plan

DASH is a flexible and balanced eating plan that helps create a heart-healthy eating style for life.

The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

- Eating vegetables, fruits, and whole grains
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limiting sugar-sweetened beverages and sweets.

Based on these recommendations, the following table shows examples of daily and weekly servings that meet DASH eating plan targets for a 2,000-calorie-a-day diet.

Daily and Weekly DASH Eating Plan Goals for a 2,000-Calorie-a-Day Diet

Food Group	Daily Servings
Grains	6–8
Meats, poultry, and fish	6 or less
Vegetables	4–5
Fruit	4–5
Low-fat or fat-free dairy products	2–3
Fats and oils	2–3
Sodium	2,300 mg*
	Weekly Servings
Nuts, seeds, dry beans, and peas	4–5
Sweets	5 or less

*1,500 milligrams (mg) sodium lowers blood pressure even further than 2,300 mg sodium daily.

When following the DASH eating plan, it is important to choose foods that are:

- Low in saturated and *trans* fats
- Rich in potassium, calcium, magnesium, fiber, and protein
- Lower in sodium

[NEXT >>](#)

Updated: September 16, 2015