Planning Your DASH Eating Plan
The DASH eating plan outlined below illustrates the wide variety of whole, nutritious foods you can enjoy any day. The amounts listed are based on 2,000 calories.

**RECOMMENDATIONS**
- **DASH** is recommended by the 2015 Dietary Guidelines for Americans as one of the best healthy eating plans for people of all ages.

**BEST DIETS RANKINGS**

“Best Overall Diet” for the 7th year in a row.

US News and World Report

**BENEFITS**
- Lower/manage hypertension or high blood pressure
- Improve heart health and decrease risk of stroke
- May assist with weight loss and bone health
- Safe and sustainable for the whole family

**DASH**
- Fat-free or Lowfat Milk, and Dairy Daily Goal: 2-3 cups

**Fruits**
- Fruits Daily Goal: 2 - 2 1/2 cups

**Vegetables**
- Vegetables Daily Goal: 2 - 2 1/2 cups

**Grains**
- Whole Grains Daily Goal: 6 - 8 ounces

**Protein**
- Lean Meat, Fish, Poultry Daily Goal: 6 ounces or less

**Nuts, Seeds and Legumes**
- Weekly Goal: 4 - 5 times weekly

**Oils**
- Oils Daily Goal: Use sparingly
Making lasting lifestyle changes requires planning. They need to be realistic, practical and doable.

1. List the DASH changes you would like to make.

2. Circle the DASH change you want to start with.

3. Now make it a SMART change. Write your SMART change here:

Example of a SMART change - "I will choose milk instead of soda at dinner Monday thru Friday. This change is achievable, important for my health and sets a healthy example for my family. I will implement this change for 2 weeks and I will record my progress on a daily planner."

As you accomplish one SMART change, choose another.

Create a DASH Eating Plan that’s right for you.

Go to MilkMeansMore.org for more recipes.