

DASH Eating Plan

Dietary Approaches to Stop Hypertension



Poultry

3 Servings or Less/1200 Cal.

1 oz of cooked meat



Vegetables

3-4 Servings/1200 Cal.

1/2 cup of raw veggies



The DASH Diet can help aid your journey of healthy eating. This meal plan can help you to lower your LDL cholesterol, lower your sodium intake, and maintain a low blood pressure! These three attributes play a role in managing CAD and CAD symptoms.

Whole Grains

4-5 Servings/1200 Cal.

1 oz of dry cereals or grains



Fruits

3-4 Servings/1200 Cal.

1/2 cup of fruit



Substituting low-calories foods, ingesting smaller portions, and choosing low-calorie snacks between meals. There should also be 1,500mg-2,300mg of sodium/ day.

Nuts & Seeds

3 Servings Per Week/1200 Cal.

2 tbsp or 1/2 oz seeds



Fish

3 Servings or Less/1200 Cal.

1 ounce of cooked fish