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The DASH diet meal plan is designed to approximate 2,000 calories per day. The number of servings may vary according to your age, gender, weight, and activity level. The number of servings may vary according to your age, gender, weight, and activity level.

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Dietician Marla Heller's version of the DASH Diet, from her book The DASH Diet Weight Loss Solution, is divided into two phases: Phase 1: Two Weeks to Shrink Your Waistline During the 14 days of phase 1, you will learn how to satisfy your hunger and, as a result, feel fuller longer. To regulate your blood sugar and help curb your cravings, avoid fruit and whole grains, which have a lot of ...

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compared to the typical American diet. It is rich in potassium, magnesium, and calcium, as well as protein and fiber. (See box 2 for the DASH studiesâ€™ daily nutrient goals.) What Is the DASH Eating Plan? Daily Nutrient Goals Used in the DASH Studies (for a 2,100 Calorie Eating Plan) Total fat 27% of calories Sodium 2,300 mg* Saturated fat 6% of calories Potassium 4,700 mg Protein 18% of ...

Your Guide to Lowering Your Blood Pressure with DASH

FOLLOWING THE DASH DIET The DASH eating plan shown below is based on 2,000 calories a day. The number of daily servings in a food group may vary from those listed depending on your caloric needs. Use this chart to help you plan your menus or take it with you when you go to the store. FOOD DAILY SERVING

EXAMPLES SIGNIFICANCE GROUP SERVINGS SIZES AND NOTES OF EACH FOOD (except as noted)
GROUP TO ...

DASH Diet Printout (PDF) - KDHE

The Everyday DASH Diet Cookbook isn't just another low salt cookbook that claims to follow the DASH diet guidelines, it is the real deal. A cookbook that makes it so easy to stay on track with DASH, with so many fabulous meals. Take a

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