

One step at a time



DASH Eating Plan

Following the DASH eating plan is easy when you make changes one step at a time.
What changes are you ready to make? Refer to your Rate Your Plate quiz results for some ideas.

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

Making lasting lifestyle changes requires planning. Your changes need to be realistic, practical, and doable. Follow the **SMART** guidelines to create and achieve your changes:

S	M	A	R	T
Specific	Measureable	Achievable	Relevant	Timely and Track-able
Focus on exactly who, what, when, where and how	Include amounts, times, days and other points of reference for gauging progress	Make a change that you feel confident you can achieve	Focus on how the change is important and will make a positive difference in your life	Commit yourself to a realistic timeframe and monitor your progress

Write your **SMART** change here:

As you accomplish one **SMART** change, choose another. This process will guide you on your path to designing a DASH Eating Plan that's right for you.

Example of a **SMART** change:

"I will choose fruit instead of cookies for dessert 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 my daily planner."

DASH Dietary Approaches to Stop Hypertension

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Go to www.dashdietoregon.org to find menus, tips and recipes.