

# (SAMPLE) 1 Day DASH Tracker 2000 calories

Sample Food List	Fruits	Vegetables	Fat Free or Lowfat Milk and Dairy	Whole Grains	Lean Meat, Fish and Poultry	Nuts, Seeds and Legumes	Oils	Sweets, Salt and Alcohol
	How much in cups?	How much in cups?	How much in cups?	How many OZ's?	How many OZ's?	How many times?	How many tsp?	Sparingly
<b>BREAKFAST</b> 1 whole-wheat bagel 2 Tbs peanut butter 1 medium banana 1 cup fat-free milk	½ cup		1 cup	2 OZ		1 portion -1 time		
<b>LUNCH</b> 1 turkey sandwich 2 slices whole-wheat 1 tsp mustard, 1 Tbs low-fat mayo 3 OZ turkey sliced tomato and lettuce ½ cup baby carrots 1 medium apple 1 cup fat-free milk	½ cup	½ cup	1 cup	2 OZ	3 OZ		1 tsp	
<b>DINNER</b> 1 baked chicken breast (3OZ) 1 cup brown rice pilaf ½ cup steamed green beans 1 cup romaine lettuce with ½ cup tomato wedges 2 Tbs low-fat salad dressing Herbal iced tea		1 ½ cup		2 OZ	3 OZ		1 tsp	
<b>SNACKS</b> 1 cup lowfat or fat-free yogurt ½ cup sliced cucumber 1 cup fresh seasonal fruit	1 cup	½ cup	1 cup					
<b>TOTALS</b>	2 cups	2 ½ cups	3 cups	6 OZ	6 OZ	1 portion -1 time	2 tsp	
<b>DASH Eating Style Goals</b> Based on 2000 calories	2-2 ½ cups Daily	2-2 ½ cups Daily	2-3 cups Daily	6-8 OZ Daily	6 or Less OZ Daily	4-5 Times Weekly	2-3 teaspoons	Use Sparingly
<b>Portion Equivalents</b>	½ cup portion = 1 med fresh fruit 16 grapes ½ cup fresh, canned or frozen ¼ cup dried 4 OZ 100% juice	½ cup portion = 1 cup leafy greens ½ cup raw, canned* or frozen 4 OZ 100% juice* *choose lower sodium	One cup portion = 8 OZ milk 8 OZ yogurt 1½ OZ cheese	One OZ portion = 1 OZ slice bread ½ cup cooked rice or pasta ½ -1¼ cup dry cereal* *check Nutrition Facts label	One OZ portion = 1 OZ cooked beef, fish or chicken 1 egg	One portion = ⅓ cup or 1½ OZ nuts 2 Tbs peanut butter ½ OZ seeds ½ cup cooked dry beans, peas or lentils	One portion = 1 tsp soft margarine 1 Tbs low-fat mayo 2 Tbs light salad dressing 1 tsp vegetable oil	1 Tbs added sugar = 1 Tbs jelly or jam ½ cup sorbet and ices 1 cup lemonade