

Heart Healthy Diet

The DASH Diet Sample Menu based on 2,000 calories/day

Food	Amount	Servings Provided
Breakfast		
orange juice	6 oz	1 fruit
1% low fat milk	8 oz (1 Cup)	1 dairy
corn flakes (with 1 tsp sugar)	1 Cup	2 grains
banana	1 medium	1 fruit
whole wheat bread (with 1 Tbsp jelly)	1 slice	1 grain
soft margarine	1 tsp	1 fat
Lunch		
chicken salad	3/4 Cup	1 poultry
pita bread	1/2, large	1 grain
raw vegetable medley: carrot & celery sticks	3-4 sticks each	1 vegetable
radishes	2	
loose-leaf lettuce	2 leaves	
part skim mozzarella cheese	1.5 slice (1.5 oz)	1 dairy
1% low fat milk	8 oz (1 Cup)	1 dairy
fruit cocktail in light syrup	1/2 C	1 fruit
Dinner		
herbed baked cod	3 oz	1 fish
scallion rice	1 Cup	2 grains
steamed broccoli	1/2 C	1 vegetable
stewed tomatoes	1/2 C	1 vegetable
spinach salad: raw spinach	1/2 C	
cherry tomatoes	2	
cucumber	2 slices	
light Italian salad dressing	1 Tbsp	1/2 fat
whole wheat dinner roll	1 small	1 grain
soft margarine	1 tsp	1 fat
melon balls	1/2 C	1 fruit
Snacks		
dried apricots	1 oz (1/4 C)	1 fruit
mini-pretzels	1 oz (3/4 C)	1 grain
mixed nuts	1.5 oz (1/3 C)	1 nuts
diet ginger ale	12 oz	0

Total number of servings in 2,000 calories/day menu

Food Group	Servings
Grains	= 8
Vegetables	= 4
Fruits	= 5
Dairy Foods	= 3
Meats, Poultry, & Fish	= 2
Nuts, Seeds, & Legumes	= 1
Fats & Oils	= 2.5

STRONG HEART



SMART HEART

Instead of:	Try:
	Meats, Poultry and Fish
High-fat Meats	Lean meats Poultry without skin Fish
	Cured Meats
Pork Bacon	Turkey Bacon Lean Ham Canadian Bacon
Pork Sausage	Ground skinless turkey
	Dairy
Whole Milk	Skim Milk
Whole Milk Cheese	Low Fat Cheese
Cream	Skim Milk
Sour Cream	Yogurt
	Spreads and Dressings
Lard, Butter	Vegetable Oil
Mayo	Mustard Low-fat Mayo
Salad Dressing	Low-fat Salad Dressing