

# The DASH Eating Plan

DASH stands for "Dietary Approaches to Stop Hypertension." It's an eating plan that encourages you to eat a wide variety of delicious foods. It's flexible and can be adapted to your favorite foods, tastes and lifestyle.



## Planning Your DASH Eating Plan

The DASH eating plan outlined below illustrates the wide variety of whole, nutritious foods you can enjoy any day. The amounts listed are based on 2,000 calories.



**Fat-free or Lowfat Milk and Dairy Daily Goal:**  
2 - 3 cups



**Fruits Daily Goal:**  
2 - 2 1/2 cups



**Vegetables Daily Goal:**  
2 - 2 1/2 cups



**Whole Grains Daily Goal:**  
6 - 8 ounces



**Lean Meat, Fish, Poultry Daily Goal:**  
6 ounces or less



**Nuts, Seeds and Legumes Weekly Goal:**  
4 - 5 times weekly



**Oils Daily Goal:**  
Use sparingly



## RECOMMENDATIONS

- **DASH** is recommended by the 2015 Dietary Guidelines for Americans as one of the best healthy eating plans for people of all ages.



**"Best Overall Diet"  
for the 7th year  
in a row.**

US News and World Report

## RECIPE Rainbow Fruit & Cheese Kabobs

To make a rainbow for each kabob, thread onto a straw a piece of low-fat cheese, a strawberry halve, a cantaloupe cube, a pineapple cube, another piece of low-fat cheese, a piece of kiwi, 2 blueberries, a grape and another piece of low-fat cheese.

*Make a healthy rainbow!*



# Make Small Changes to Create a Healthier You



Making lasting lifestyle changes requires planning. They need to be realistic, practical and doable.



**1** List the **DASH** changes you would like to make.

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**2** Circle the **DASH** change you want to start with.

**S**

**Specific:**

Focus on exactly who, what, when, where and how.

**M**

**Measurable:**

Include amounts, time, days and other points of reference for checking your progress.

**A**

**Achievable:**

Make changes that you know you can achieve.

**R**

**Relevant:**

Focus on how the change is important and will make a positive difference in your life.

**T**

**Timely and Trackable:**

Commit yourself to a realistic timeframe and monitor your progress.

**3**

Now make it a **SMART** change. Write your **SMART** change here:

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Example of a SMART change - "I will choose milk instead of soda at dinner 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 a daily planner."

As you accomplish one **SMART** change, choose another.

Create a **DASH** Eating Plan that's right for you.

Go to **MidwestDairy.com** for more recipes.

