### 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.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Daily Goal</th>
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</thead>
<tbody>
<tr>
<td>Dairy</td>
<td>Fat-free or Lowfat Milk and Dairy Daily Goal: 2-3 cups</td>
</tr>
<tr>
<td>Fruits</td>
<td>Fruits Daily Goal: 2 - 2 1/2 cups</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Vegetables Daily Goal: 2 - 2 1/2 cups</td>
</tr>
<tr>
<td>Grains</td>
<td>Whole Grains Daily Goal: 6 - 8 ounces</td>
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<tr>
<td>Protein</td>
<td>Lean Meat, Fish, Poultry Daily Goal: 6 ounces or less</td>
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<tr>
<td>Nuts, Seeds and Legumes</td>
<td>Weekly Goal: 4 - 5 times weekly</td>
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<tr>
<td>Oils</td>
<td>Oils Daily Goal: Use sparingly</td>
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</tbody>
</table>

#### 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

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**RECIPE**

**Rainbow Fruit & Cheese Kabobs**

To make a rainbow for each kabob, thread onto a skewer a piece of low-fat cheese, a strawberry half, a cantaloupe cube, an orange wedge, 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.

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

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

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.