

# What's on Your Plate? 1,200 calories a day

Learn how your current food habits compare with the DASH eating plan by using this worksheet for 1–2 days. List the food amounts, calories, and sodium for all you eat and drink on a given day. Track your servings by checking off the corresponding number of circles.

To find your specific daily calorie needs, use the [Body Weight Planner \(niddk.nih.gov/bwp\)](http://niddk.nih.gov/bwp). Find the information about calories and the amount of sodium in foods on nutrition facts labels, mobile applications, or online.

## TODAY'S DATE

/ /

## DAILY SERVINGS

These are the recommended servings in the DASH eating plan food groups.

Fill in the number of servings that match the food item you've listed.

See how what you eat compares to the DASH eating plan.

BREAKFAST	CALORIES	SODIUM (MG)
LUNCH	CALORIES	SODIUM (MG)
DINNER	CALORIES	SODIUM (MG)
SNACKS	CALORIES	SODIUM (MG)

**Grains (mostly whole grains)**  
4–5 servings per day

**Vegetables**  
3–4 servings per day

**Fruits**  
3–4 servings per day

**Dairy (fat-free/low-fat)**  
2–3 servings per day

**Lean Meats, Fish, and Poultry**  
3 servings or less per day

**Fats and Oils**  
1 servings per day

**Nuts, Seeds, and Legumes**  
3 servings per week

**Sweets and Added Sugars**  
3 servings or less per week

Total your numbers. Your daily targets are 1,200 calories and a sodium level between 1,500 and 2,300 milligrams. If you miss your targets, see [A Week With DASH](#) for menu ideas to get closer to your goals.

TOTAL CALORIES

TOTAL SODIUM (MG)



The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to [www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH).



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# Following the DASH Eating Plan

FOR 1,200 CALORIES PER DAY

## Grains

4–5 SERVINGS PER DAY

Sources of fiber and magnesium

### SERVING SIZE

1 slice bread

1 oz dry cereal

½ cup cooked rice, pasta, or cereal

### EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

## Vegetables

3–4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

### SERVING SIZE

1 cup raw leafy vegetable

½ cup cut-up raw or cooked vegetable

½ cup vegetable juice

### EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

## Fruits

3–4 SERVINGS PER DAY

Sources of potassium, magnesium, and fiber

### SERVING SIZE

1 medium fruit

¼ cup dried fruit (unsweetened)

½ cup fresh, frozen, or canned fruit, or fruit juice

### EXAMPLES

Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines

## Dairy

2–3 SERVINGS PER DAY

Sources of calcium and protein

### SERVING SIZE

1 cup milk

1 cup yogurt

1½ oz cheese

### EXAMPLES

Fat-free (skim) or low-fat (1%) milk or buttermilk; fat-free, low-fat, or reduced-fat cheese; fat-free or low-fat regular or frozen yogurt; fortified soy beverage; lactose-free products

## Lean Meats, Fish, Poultry, and Eggs

3 SERVINGS OR LESS PER DAY

Sources of protein and magnesium

### SERVING SIZE

1 oz cooked meats, fish, or poultry

1 egg

### EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

## Fats and Oils

1 SERVING PER DAY

Sources of energy and vitamin E

### SERVING SIZE

1 tsp soft margarine

1 tsp vegetable oil

1 tbsp mayonnaise

2 tbsp salad dressing

### EXAMPLES

Soft margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing

## Nuts, Seeds, and Legumes

3 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

### SERVING SIZE

⅓ cup or 1½ oz nuts (unsalted)

2 tbsp peanut butter

2 tbsp or ½ oz seeds

½ cup cooked legumes (dry beans and peas)

### EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

## Sweets and Added Sugars

3 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

### SERVING SIZE

1 tbsp sugar

1 tbsp jelly or jam

½ cup sorbet, gelatin

1 cup lemonade

### EXAMPLES

Fruit-flavored gelatin, fruit punch, hard candy, jelly, maple syrup, sorbet and ices, sugar

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oatmeal

whole wheat bread

brown rice

kale

green beans

vegetable juice

## Grains

4-5 SERVINGS PER DAY

### Sources of fiber and magnesium

#### SERVING SIZE

1 slice bread

1 oz dry cereal

½ cup cooked rice, pasta, or cereal

#### EXAMPLES

Oatmeal, grits, brown rice, unsalted pretzels and popcorn, whole grain cereal, whole wheat bread, rolls, pasta, English muffin, pita bread, bagel

## Vegetables

3-4 SERVINGS PER DAY

### Sources of potassium, magnesium, and fiber

#### SERVING SIZE

1 cup raw leafy vegetable

½ cup cut-up raw or cooked vegetable

½ cup vegetable juice

#### EXAMPLES

Broccoli, carrots, collards, green beans, green peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes

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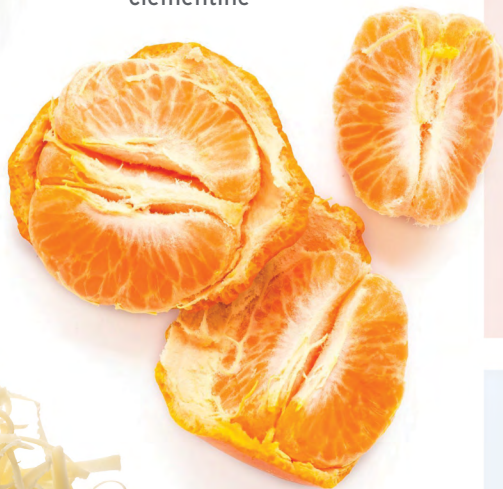
dried fruit



apple



clementine



shredded cheese



sliced cheese



milk



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FOR 1,200 CALORIES PER DAY



## Lean Meats, Fish, Poultry, and Eggs

3 SERVINGS OR LESS PER DAY

### Sources of protein and magnesium

#### SERVING SIZE

1 oz cooked meats, fish, or poultry

1 egg

#### EXAMPLES

Chicken or turkey without skin; salmon, tuna, trout; lean cuts of beef, pork, and lamb

## Fats and Oils

1 SERVING PER DAY

### Sources of energy and vitamin E

#### SERVING SIZE

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#### EXAMPLES

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# Following the DASH Eating Plan

## FOR 1,200 CALORIES PER DAY

peanut butter



dried beans

sunflower seeds



honey

jam



hard candies

## Nuts, Seeds, and Legumes

3 SERVINGS PER WEEK

Sources of energy, magnesium, protein, and fiber

### SERVING SIZE

$\frac{1}{3}$  cup or 1½ oz nuts (unsalted)

2 tbsp peanut butter

2 tbsp or  $\frac{1}{2}$  oz seeds

$\frac{1}{2}$  cup cooked legumes (dry beans and peas)

### EXAMPLES

Almonds, hazelnuts, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas

## Sweets and Added Sugars

3 SERVINGS OR LESS PER WEEK

Sweets should be low in fat

### SERVING SIZE

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$\frac{1}{2}$  cup sorbet, gelatin

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