

DASH DIARY

DASH Good Health Foods

GOAL: Eat & Track 9-10 servings of F & V
(*Eat low-fat dairy, lean protein & whole grains)

	Fruits & Vegetables	
Day 1	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>Vegetables 1 serving = 1 Cup lettuce/salad greens 1/2 C raw or cooked vegetables</p> <p>Fruits 1 serving = 1 C grapes, berries or melon 1/2 C fruit 1/4 C dried fruit 6 oz fruit juice medium piece of fruit</p> <p>Use this link for nutrition facts: http://www.nutritiondata.com/</p>
Day 2	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Day 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Day 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Day 5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Day 6	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Day 7	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

DASH High-Sodium Caution Foods

* Example of caution food serving size:
each of these servings contains 400 mg of sodium*

GOAL: Limit to < 2 servings of high-sodium caution foods per day.

Day	Drinks	High Sodium Chips, Crackers, & Pretzels	High Sodium Canned Vegetables & Soups
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Drinks

18 fluid oz Low Sodium Tomato Juice

28 fluid oz Gatorade or similar Sports Drinks

High Sodium Chips, Crackers, & Pretzels

20 potato chips or small pretzels

1/4 12 inch thin pizza crust

cheese puffs

potato sticks

High Sodium Canned Vegetables & Soups

1 c regular canned vegetables

1/2 large dill pickle

2/3 c prepared beef broth or vegetarian vegetable soup

1/2 c prepared tomato soup or chicken gumbo

1/3 c cream of mushroom/ celery

High Sodium Dairy

2 ounces hard cheese

3/4 cup cottage cheese

1/2 C (1 scoop) ice cream

1 ice cream bar

8 oz whole milk

1 slices cheese

High Sodium Meats

1 slice lunch meat

1 1/2 oz canned or packaged tuna, salmon, or crab

1 small hot dog

3 slices bacon

High Sodium Extras

1/4 tsp salt

1 tsp soy sauce

2 tbsp catsup, mustard, BBQ, chili sauce

4 tbsp tarter sauce

2 tbsp salad dressing

4 medium olives

4 tbsp sweet pickle relish

DASH High-Sodium Foods To Avoid

GOAL: Intake of these foods should be avoided, unless considered as servings in caution foods category above.

1. Smoked, processed, cured meats & fish (e.g. cold-cuts, ham, bacon, corned beef, sausage, tongue, salt pork, pickled herring, anchovies, sardines), meat extracts, meat sauces
2. Salted snacks (tortilla chips, & salted nuts, crackers, pretzels, chips, popcorn)
3. Prepackaged frozen foods (casseroles, noodles & rice dishes, burritos, potato dishes, oriental foods, spaghetti & pasta dishes, pot pies, sauces (e.g., gravies), and vegetables soaked in brine (salt & water)
4. Canned soups, vegetable juices-including tomato juice (unless prepared without salt)
5. Prepared dressings, condiments, sauces (salad dressings, catsup, BBQ, soy, etc.)
6. Processed cheese/spreads