1400 CALORIE DASH EATING CHART – Daily amounts unless otherwise indicated Max. Daily Sodium Suggested: 2300 mg / Read Labels - general guide, foods no more than 5% Sodium

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grains 5	5-6							
Vegies 3	3-4							
Fruit 4	1							
Low Fat / Fat Milk Products								
Meats 3 - 4								
Nuts Seeds Legumes 3 pe	er wk.							
Fats/Oils 1								
Sweets Sugars 3 or less per w								
Blood Pressur AM and PM	e							
Exercise								
Misc.								
	<u> </u>							I
		α 1	3 / 1	TT 1	337 1 1	7D1 1	г 1	0 4 1
Grains 5	. 6	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5-6	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegies 3	3-4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3-4 Free	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegies 3 Fruit 4 Low Fat / Fat	3-4 Free s 2-3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegies 3 Fruit 4 Low Fat / Fat Milk Products	Free s 2-3 less	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegies 3 Fruit 4 Low Fat / Fat Milk Products Meats 3-4 or Nuts Seeds	Free s 2-3 less	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegies 3 Fruit 4 Low Fat / Fat Milk Products Meats 3-4 or Nuts Seeds Legumes 3 pe	Free s 2-3 less er wk.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegies 3 Fruit 4 Low Fat / Fat Milk Products Meats 3-4 or Nuts Seeds Legumes 3 per Fats/Oils 1 Sweets Sugars 3 or less per w	Free s 2-3 less er wk.	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Chart I made myself based on suggestions for DASH Eating Plan by Natl. Inst. Of Health http://happynutritionist.com