

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	5-6							
Vegies	3-4							
Fruit	4							
Low Fat / Fat Free Milk Products	2-3							
Meats	3 - 4							
Nuts Seeds Legumes	3 per wk.							
Fats/Oils	1							
Sweets Sugars	3 or less per week							

Blood Pressure AM and PM								
Exercise								
Misc.								

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Chart I made myself based on suggestions for DASH Eating Plan by Natl. Inst. Of Health
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