

1600 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 6							
Vegies 3-4							
Fruit 4							
Low Fat / Fat Free Milk Products 2-3							
Meats 3 - 4							
NutsSeedsLegume 3-4per week							
Fats/Oils 2							
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
<http://happynutritionist.blogspot.com> <http://happynutritionist.com>