

1800 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	4-5							
Fruit	4-5							
Low Fat / Fat Free Milk Products	2-3							
Meats	6 or less							
NutsSeedsLegume	4 per week							
Fats/Oils	2-3							
Sweets Sugars	5 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>