

3100 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	12-13							
Vegies	6							
Fruit	6							
Low Fat / Fat Free Milk Products	3-4							
Meats	6 - 9							
NutsSeedsLegume	1							
Fats/Oils	4							
Sweets Sugars	2 or less							

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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