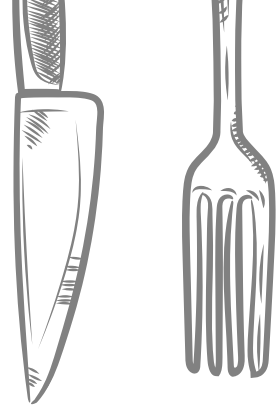


# DASH DIET EXAMPLES OF SERVING SIZES



## WHOLE GRAINS

### 6-8 DAILY SERVINGS

Examples of a single (1) serving:

- 1 slice bread
- 1 cup ready to eat cereal
- 1/2 cup cooked rice, pasta or cereal

Whole wheat breads, cereal, oatmeal, rice, pasta, quinoa, barley, low-fat/low-sodium crackers



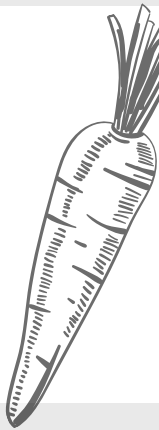
## VEGETABLES

### 4-5 DAILY SERVINGS

Examples of a single (1) serving:

- 1 cup raw leafy vegetables
- 1/2 cup cooked vegetables

Fresh or frozen vegetables: tomatoes, leafy greens, carrots, peas, squash, spinach, peppers, broccoli, sweet potatoes



## FRUITS

### 4-5 DAILY SERVINGS

Examples of a single (1) serving:

- 1 medium piece of fruit
- 1/4 cup dried fruit
- 1/2 cup fresh, frozen or canned fruit

Fresh or frozen fruit: apples, apricots, bananas, grapes, oranges, melons, peaches, berries, mango. Avoid consuming fruit juices.



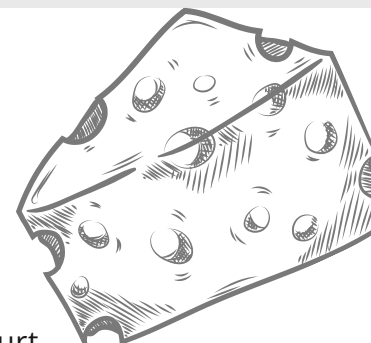
## LOW-FAT, FAT-FREE MILK FOODS

### 2-3 DAILY SERVINGS

Examples of a single (1) serving:

- 1 cup milk
- 1 cup yogurt
- 1 1/2oz cheese

Skim, 1% milk, fortified soy beverage, nut/oat milk, yogurt, 6-18% milk fat (MF) cheese



## MEATS, POULTRY, FISH

### <6 OUNCES DAILY SERVINGS

Examples of a single (1) serving:

- 3 oz (or hand palm size) cooked lean meat, skinless poultry or fish

Select only lean meats. Choose fish like char, herring, mackerel, salmon, sardines and trout. Trim away fats. Broil, roast or boil. Limit frying. Remove skin from poultry. Low-sodium, low-fat deli meats.



## NUTS, SEEDS, LEGUMES

### 4-5 SERVINGS/ WEEK

Examples of a single (1) serving:

- 1/3 cup nuts
- 2 tbsp peanut butter
- 1/2 cup cooked dry beans or peas

Almonds, peanuts, walnuts, sunflower seeds, soybeans, lentils, chick peas, dried peas and beans, tofu



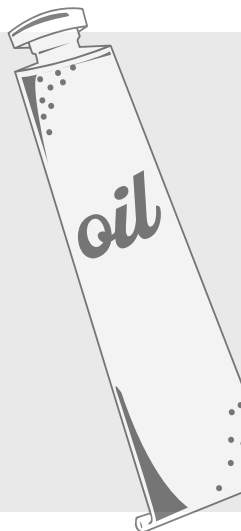
## FATS & OILS

### 2-3 TSP DAILY SERVINGS

Examples of a single (1) serving:

- 1 tsp soft margarine
- 1 tbsp low-fat mayonnaise
- 2 tbsp light salad dressing
- 1 tsp vegetable oil

Soft margarine, mayonnaise, vegetable oil (olive, corn, canola, or safflower), salad dressing



## SWEETS

### <5 TBSP/ WEEK

Examples of a single (1) serving:

- 1 tablespoon of jelly or jam
- 1/2 cup (125 mL) of sorbet
- 1 cup (250 mL) or lemonade

Sugar, jelly, jam, hard candy, syrups, sorbet, chocolate

