

DASH to Help Stop High Blood Pressure

Use this chart to help you follow the **DASH** eating plan and compare the amounts recommended for your gender and age under Canada's Food Guide (CFG). If you normally eat more or less than this, speak with your dietitian on how many servings to have a day.

Food group	What is provided?	DASH Daily Servings	CFG Servings F=female M=male	How much is one serving?	What are some examples of foods in this food group?
Grains and grain products	<ul style="list-style-type: none"> • Fibre 	7-8	F (19-50yrs) 6-7 M(19-50yrs) 8 F (51+yrs) 6 M (51+yrs) 7	<ul style="list-style-type: none"> • 1 slice bread • ½ bagel, bun, pita • 1 oz dry cereal (refer to package for serving) • ½ cup cooked rice, pasta, cereal, couscous, bulgur 	<ul style="list-style-type: none"> • Whole grain products such as English muffin, pita, bagel and bread • Whole grain hot & cold cereal → oatmeal • Brown rice, whole wheat pasta, couscous
Vegetables	<ul style="list-style-type: none"> • Potassium • Magnesium • Fibre 	4-5	F (19-50yrs) 7-8 M(19-50yrs) 8-10 F & M(51+yrs) 7	<ul style="list-style-type: none"> • 1 cup raw, leafy vegetable → spinach • ½ cup cooked vegetable • ½ cup vegetable juice 	<ul style="list-style-type: none"> • Artichoke, beans, beets, broccoli, carrot, cucumber, kale & turnip • Low sodium or unsalted vegetable juice
Fruits	<ul style="list-style-type: none"> • Potassium • Magnesium • Fibre 	4-5		<ul style="list-style-type: none"> • 1 medium piece of fruit • ½ cup 100% fruit juice • ¼ cup dried fruit • ½ cup fresh, frozen or canned fruit 	<ul style="list-style-type: none"> • Apple, banana, date, grape, mango, melon, pear, pineapple, prune, orange, raisin, strawberries & tangerine
Non-fat/low-fat milk products	<ul style="list-style-type: none"> • Calcium • Protein 	2-3	F & M (19-50yrs) 2 F & M (51+ yrs) 3	<ul style="list-style-type: none"> • 1 cup milk • 1 cup yogurt • 1 ½ oz cheese 	<ul style="list-style-type: none"> • Skim or 1% milk • Non-fat or low-fat yogurt • Light or partly skimmed hard cheese
Meat, poultry and fish	<ul style="list-style-type: none"> • Protein • Magnesium 	2 or less	F (19-50yrs) 2 M (19-50yrs) 3 F (51+yrs) 2 M (51+yrs) 3	<ul style="list-style-type: none"> • 3 oz cooked meat, poultry or fish 	<ul style="list-style-type: none"> • Lean meat from which visible fat has been trimmed • Meat, fish or poultry that has been broiled, roasted or boiled
Nuts, seeds and legumes	<ul style="list-style-type: none"> • Magnesium • Potassium • Protein • Fibre 	4-5 per week		<ul style="list-style-type: none"> • 1/3 cup nuts • 2 tbsp seeds • ½ cup cooked legumes • 2 tbsp peanut butter 	<ul style="list-style-type: none"> • Unsalted almonds, walnuts, hazelnuts, peanut butter • Unsalted pumpkin seeds • Kidney beans, chickpeas or lentils
Fat and oils	<ul style="list-style-type: none"> • Healthy fats 	2-3	Same for all ages & genders 2-3 Tbsp	<ul style="list-style-type: none"> • 1 tsp vegetable oil • 1 tsp margarine 	<ul style="list-style-type: none"> • Oils high in unsaturated fat such as olive, canola, corn, safflower • Non-hydrogenated margarine
Sweets		5 a week	Choose less often	<ul style="list-style-type: none"> • 1 tbsp sugar, jelly, jam 	<ul style="list-style-type: none"> • Maple syrup, jam, honey