Date:

What's on Your Plate?

Food	Amount (Serving Size)	Sodium (mg)	Number of Servings by DASH Food Groups							
			Grains	Vegetables	Fruits	Milk & Dairy	Meats, Fish, Poultry	Nuts, Seeds, Legumes	Oils (& Fish Oil)	Sweets, Added Sugars
Example: *whole wheat bread, with soft margarine*	*2 slices* *2 tsp*	*299* *52*								
Breakfast										
Lunch										
Dinner										
Snacks										
Day's Totals										
Compare yours with the DASH eating plan at 2000 calories/day.		2300 or 1500 mg per day	6-8 per day	4-5 per day	4-5 per day	2-3 per day	6 or less per day	4-5 per day	2-3 per day	5 or less per day