DASH Diet Plan

Patient information	
Patient name:	Date of birth:
Gender: Male Female Other:	Age:
Referring physician:	

Best to eat	Best to limit
- Vegetables - Fruits - Whole grains - Fat-free or low-fat dairy - Fish - Poultry - Beans - Nuts and seeds - Vegetable oils	- Fatty meats - Full-fat dairy - Sugar-sweetened beverages - Sweets - Sodium intake

Tip

Choose foods that are:
- Low in sodium and saturated and trans fats
- Rich in potassium, calcium, magnesium, fiber, and protein

Date	Breakfast	Lunch	Dinner	Snacks (within the day)
Day 1:				
Day 2:				
Day 3:				

Date	Breakfast	Lunch	Dinner	Snacks (within the day)
Day 4:				
Day 5:				
Day 6:				
Day 7:				
Additional notes				

DASH Eating Plan l NHLBI, NIH. (2001, January 4). NHLBI, NIH