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