

# D.A.S.H. Eating Plan Tracker

Food	Amount (Serving Size)	Sodium (mg)	Number of Servings by DASH Food Group							
			Grains	Vegetables	Fruits	Dairy	Meat, poultry, and fish	Nuts, seeds, and dry beans	Fats and oils	Sweets
Breakfast										
Example: whole wheat bread and soft margarine										
Lunch										
Dinner										
Snacks										
Day's Total										
Compare yours with the DASH eating plan		2,400mg or 1,500 mg	7-8 daily	4-5 daily	4-5 daily	2-3 daily	2 or less	4-5 a week	2-3 daily	5 a week

\*Read food labels to compare the sodium content of foods.