

# DASH Eating Plan

DASH stands for Dietary Approaches to Stop Hypertension. It's a flexible and balanced eating plan that helps create a heart-healthy eating style for life.

The DASH eating plan requires no special foods. Instead it provides daily and weekly nutritional goals. This plan recommends:

- Eating vegetables, fruits and whole grains
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel and palm oils
- Limiting sugar-sweetened beverages and sweets



**Eat This**



**Limit This**

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

Source: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)