

The DASH Diet Younger You – Food Serving Tracker

Serving sizes and daily targets	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vegetables: ½ cup cooked veggies, 1 cup leafy greens and raw veggies, ½ cup vegetable juice Target: at least 4 – 5 servings	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□
Fruits: ½ cup juice, small fruit, ¼ cup dried fruit, 1 cup diced raw fruit, 4 oz raw fruit, ½ cup canned fruit Target: 3 – 5 servings	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□	□□□□□
Dairy (low fat or nonfat): 1 cup milk, 6 – 8 oz yogurt, 1 oz cheese, ½ c cottage cheese Target: at least 2 – 3 servings	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□	□□□□
Nuts, seeds: ¼ c or 1 oz nuts, seeds, 2 T peanut butter Target: at least 1 serving	□□□	□□□	□□□	□□□	□□□	□□□	□□□
Protein: Lean meat, fish, poultry, eggs, soy meat substitutes Each □ equals 1 oz, cooked 1 egg or 2 egg whites = 1 oz Target: at least 5 oz Vegetarian target: 1 - 3 oz	□□□□□□ □□□	□□□□□□ □□□	□□□□□□ □□□	□□□□□□ □□□	□□□□□□ □□□	□□□□□□ □□□	□□□□□□ □□□
Beans: ½ cup beans (has protein of 1 oz meat, calories of 3 oz) Target: optional Vegetarian target: 1 – 3 servings	□□□	□□□	□□□	□□□	□□□	□□□	□□□
Grains, starches: 1 slice bread; ⅓ cup cooked pasta, rice, ½ cup cooked cereal, corn, potatoes, 1 oz dry cereal, ½ English muffin, bun; ¼ bagel; 2 cups popcorn Target: 3 or more whole grain servings	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□	□□□□□□
Fats: 1 t oil, 1 T salad dressing, ⅓ avocado Target: 2 – 3 servings	□□□	□□□	□□□	□□□	□□□	□□□	□□□
Alcohol: 3 ½ oz wine (75 cal), 12 oz beer (150 cal), 1 shot distilled spirits (105 cal) Target: None. Maximum of 2 servings	□□	□□	□□	□□	□□	□□	□□

Tips: Count starchy veggies as both a starch and a vegetable. A 3 ½ ounce serving of wine can be counted as 1 fruit.