

DASH Diet Calorie Adjustments				
	1200	1600	2000	2400
Fruits 4 oz servings 6 oz servings	3 - 4	4 - 5	4 - 5	4 - 5
Vegetables	3 - 4	4 - 5	4 - 5	5 or more
Low fat and nonfat dairy	2 - 3	3	3	3 - 4
Beans and nuts	3 - 4 per week	3 - 4 per week	4 - 5 per week	5 per week
Lean meats, fish, poultry	5 ounces	5 ounces	7 ounces	9 ounces
Whole grains	3	3	3	3 - 5
Refined grains	0	3	5 - 6	6 - 8
Fats and sweets	2	3	4	5

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