

Dash Tips for Intuitive Eaters

This section will give you quick tips to make specific changes in your diet to get all the benefits of the DASH diet, without having to think too much about the specifics. Want a complete menu plan? See chapter 3. Want to learn how to follow the DASH diet while you are eating in restaurants? See chapter 4.

1. **Double up.** The easiest way to be sure to get enough of the key DASH foods is to double up. (This is especially good if you tend to overeat, since it has you filling up on the best foods.) Instead of one 8-ounce glass of milk at breakfast, make it a 16-ounce glass, and you will have just had 2 servings of dairy. One cup of vegetables makes 2 servings. One cup of green beans, one small salad, and one cup of potatoes gives you 5 servings of vegetables at one meal.
2. **Don't double up.** (Sorry for the schizophrenic advice, there is something here for all sides of your personality.) Watch portions sizes where the calories may mount up quickly and where the foods aren't filling. Juices are one food item you don't want to double up. A large glass of juice has 240 Calories, little fiber, and won't keep you feeling full for very long. Limit juice to one serving per day. A DASH serving of juice is 6 ounces. Get the rest of your fruits and vegetables from whole foods, and you will stay full longer and find it easier to get to and maintain your healthy weight.