1 Day DASH Tracker 2000 calories

Food List	Fruits	Vegetables	Fat Free or Lowfat Milk and Dairy	Whole Grains	Lean Meat, Fish and Poultry	Nuts, Seeds and Legumes	Oils	Sweets, Salt and Alcohol
	How much in cups?	How much in cups?	How much in cups?	How many OZ's?	How many OZ's?	How many times?	How many tsp?	Sparingly
EXAMPLE Whole wheat bagel, with 2 Tbs peanut butter				2 OZ		1 portion -1 time		
BREAKFAST								
LUNCH								
DINNER								
SNACKS								
TOTALS Compare your totals with **DASH**								
DASH Eating Style Goals Based on 2000 calories	2-2½ cups Daily	2-2½ cups Daily	2-3 cups Daily	6-8 OZ Daily	6 or Less OZ Daily	4-5 Times Weekly	2 teaspoons	Use Sparingly
Portion Equivalents	**½ cup portion =** 1 med fresh fruit 16 grapes ½ cup fresh, canned or frozen ¼ cup dried 4 OZ 100% juice	**½ cup portion =** 1 cup leafy greens ½ cup raw, canned* or frozen 4 OZ 100% juice* *choose lower sodium	**One cup portion =** 8 OZ milk 8 OZ yogurt 1½ OZ cheese	**One OZ portion =** 1 OZ slice bread ½ cup cooked rice or pasta ½ -1¼ cup dry cereal* *check Nutrition Facts label	**One OZ portion =** 1 OZ cooked beef, fish or chicken 1 egg	**One portion =** ⅓ cup or 1½ OZ nuts 2 Tbs peanut butter ½ OZ seeds ½ cup cooked dry beans, peas or lentils	**One portion =** 1 tsp soft margarine 1 Tbs low-fat mayo 2 Tbs light salad dressing 1 tsp vegetable oil	**1 Tbs added sugar =** 1 Tbs jelly or jam ½ cup sorbet and ices 1 cup lemonade

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Go to **www.dashdietoregon.org** to find menus, tips and recipes.