(SAMPLE) 1 Day DASH Tracker 1600 calories

Sample 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
BREAKFAST 1 whole-wheat bagel 2 Tbs peanut butter 1 medium banana 1 cup fat-free milk	½ cup		1 cup	2 OZ		1 portion -1 time		
LUNCH 1 turkey sandwich 2 slices whole-wheat 1 tsp mustard, 1 Tbs low-fat mayo 2 OZ turkey sliced tomato and lettuce ½ cup baby carrots 1 medium apple 1 cup fat-free milk	½ cup	½ cup	1 cup	2 OZ	3 OZ		1 tsp	
DINNER 1 baked chicken breast (3OZ) 1 cup brown rice pilaf ½ cup steamed green beans 1 cup romaine lettuce with ½ cup tomato wedges 2 Tbs low-fat salad dressing Herbal iced tea		1 ½ cup		2 OZ	3 OZ		1 tsp	
SNACKS 1 cup lowfat or fat-free yogurt 1 cup fresh seasonal fruit	1 cup		1 cup					
TOTALS	2 cups	2 cups	3 cups	6 OZ	5 OZ	1 portion -1 time	2 tsp	
DASH **Eating Style Goals** Based on 1600 calories	2 cups Daily	1½-2 cups Daily	2-3 cups Daily	6 OZ Daily	3-6 OZ Daily	3-4 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.