## 1 Day DASH Tracker 1600 calories

<table>
<thead>
<tr>
<th>Food List</th>
<th>Fruits</th>
<th>Vegetables</th>
<th>Fat Free or Lowfat Milk and Dairy</th>
<th>Whole Grains</th>
<th>Lean Meat, Fish and Poultry</th>
<th>Nuts, Seeds and Legumes</th>
<th>Oils</th>
<th>Sweets, Salt and Alcohol</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE</td>
<td>Whole wheat bagel, with 2 Tbs peanut butter</td>
<td></td>
<td></td>
<td></td>
<td>2 OZ</td>
<td>1 portion -1 time</td>
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</tbody>
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### BREAKFAST

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### LUNCH

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### DINNER

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### SNACKS

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### TOTALS

Compare your totals with DASH

### 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
- **⅛ cup portion =**
  - 1 cup leafy greens
  - ⅛ cup raw, canned* or frozen
  - 4 OZ 100% juice*
- **One cup portion =**
  - 8 OZ milk
  - 8 OZ yogurt
  - 1½ OZ cheese
- **One OZ portion =**
  - 1 OZ sliced 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 =**
  - ½ 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
- **One portion =**
  - 1 Tbs added sugar =
  - 1 Tbs jelly or jam
  - ½ cup sorbet and ices
  - 1 cup lemonade

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Go to [odncouncil.org](http://odncouncil.org) to find menus, tips and recipes.