# 1 Day DASH Tracker 2000 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><strong>EXAMPLE</strong></td>
<td>Whole wheat bagel, with 2 Tbs peanut butter</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SNACKS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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
- ¾ 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 or pasta
- ½ cup cooked rice or pasta
- ½ cup cooked dry cereal*
- *check Nutrition Facts label

- One OZ portion = 1 OZ cooked beef, fish or chicken
- 1 egg

- One OZ portion = ½ cup or ½ 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

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