Following the DASH eating plan is easy when you make changes one step at a time. What changes are you ready to make? Refer to your Rate Your Plate quiz results for some ideas.

1. List the DASH changes you would like to make

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

2. Circle the DASH change you want to start with

3. Now make it a SMART change

Making lasting lifestyle changes requires planning. Your changes need to be realistic, practical, and doable. Follow the SMART guidelines to create and achieve your changes:

- **S**pecific
  Focus on exactly who, what, when, where and how

- **M**easureable
  Include amounts, times, days and other points of reference for gauging progress

- **A**chievable
  Make a change that you feel confident you can achieve

- **R**elevant
  Focus on how the change is important and will make a positive difference in your life

- **T**imely and Track-able
  Commit yourself to a realistic timeframe and monitor your progress

Write your SMART change here:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

As you accomplish one SMART change, choose another. This process will guide you on your path to designing a DASH Eating Plan that’s right for you.

Example of a SMART change:
"I will choose fruit instead of cookies for dessert Monday thru Friday. This change is achievable, important for my health, and sets a healthy example for my family. I will implement this change for 2 weeks and I will record my progress on my daily planner."

DASH Dietary Approaches to Stop Hypertension
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