



## DASH Diet Sample Menu

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### Overview

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The DASH diet is an eating plan that can help lower your blood pressure. DASH stands for Dietary Approaches to Stop Hypertension. It includes fruits, vegetables, whole grains, and low-fat or nonfat dairy. It also includes fish, poultry, beans, nuts, and seeds.

Here is a sample menu for the DASH diet. It is based on a 2,000-calorie diet with 1,500 mg of sodium. This is a menu for one day.

#### Breakfast

- 3/4 cup bran flakes cereal
- 8 ounces fat-free milk
- 1 medium banana
- 1 slice whole wheat toast
- 1 teaspoon jelly
- 4 ounces orange juice

#### Lunch

- 3 oz skinless chicken breast
- 1 pita bread
- 1 tablespoon low-fat mayonnaise
- Raw vegetables: 3 or 4 carrot sticks, celery sticks, radishes, 2 loose lettuce leaves
- 1 peach

#### Snacks

- 1/4 cup dried apricots
- 1/3 cup mixed, unsalted nuts
- 1 cup fat-free milk

#### Dinner

- 3 ounces grilled salmon
- 1/2 cup brown rice
- 1 cup steamed broccoli

- Spinach salad with 1 cup raw spinach, 2 cherry tomatoes, 2 cucumber slices
- 1 tablespoon low-sodium, homemade vinaigrette salad dressing
- 1 cup melon cubes

## Related Information

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- High Blood Pressure: Nutrition Tips
- High Blood Pressure: Using the DASH Diet

## Credits

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