



DASH Eating Plan

DASH (Dietary Approaches to Stop Hypertension) is a flexible and balanced eating plan that helps create a heart-healthy eating style for life. It was named “Best Heart-Healthy Diet” and “Best Diet for High Blood Pressure” by U.S. News & World Report in 2025.

[Find DASH-Friendly Recipes](#)

Last updated January 10, 2025

DASH Eating Plan

MENU

Description of the DASH Eating Plan

The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:



- Eating vegetables, fruits, and whole grains
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
- Limiting sugar-sweetened beverages and sweets

Based on these recommendations, the following table shows examples of daily and weekly servings that meet DASH eating plan targets for a [2,000-calorie-a-day](#) diet.

Food Group	Daily Servings
Grains	6–8
Meats, poultry, and fish	6 or less
Vegetables	4–5
Fruit	4–5
Low-fat or fat-free dairy products	2–3
Fats and oils	2–3
Sodium	2,300 mg*
	Weekly Servings
Nuts, seeds, dry beans, and peas	4–5
Sweets	5 or less

*1,500 milligrams (mg) [sodium](#) ⁱ lowers blood pressure even further than 2,300 mg sodium daily.

When following the DASH eating plan, it is important to choose foods that are:

- Low in saturated and *trans* fats
- Rich in potassium, calcium, magnesium, fiber, and protein
- Lower in sodium

The number of servings you should have each day depends on your daily calorie needs. Use these worksheets to see how your current eating habits compare to DASH. Find what counts as a serving size and more:

- [What's on Your Plate? \(1,200 calories/day\)](#)
- [What's on Your Plate? \(1,400–1,600 calories/day\)](#)
- [What's on Your Plate? \(1,800–2,000 calories/day\)](#)
- [What's on Your Plate? \(2,600 calories/day\)](#)

Eat this: [vegetables, fruits, whole grains, fat-free or low-fat dairy, fish, poultry, beans, nuts and seeds, vegetable oils.](#) **Limit this:** [fatty meats, full-fat dairy, sugar sweetened beverages, sweets, sodium intake.](#)

Related News

Friday, January 3

NIH-supported DASH diet named “Best Heart-Healthy Diet” and “Best Diet for High Blood Pressure” in 2025

WHAT: Dietary Approaches to Stop Hypertension (DASH) has secured 14 top spots, including being the number 1







rated “Best Heart-Healthy Diet” and “Best Diet for High Blood Pressure” in the 2025 Best Diets report from U.S. News & World Report. It was also rated the second “best overall diet,” “best diet for healthy eating,” and “best diet for...


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