

## BOX 15

## Making the DASH to Good Health

The DASH plan is a new way of eating—for a lifetime. If you slip from the eating plan for a few days, don't let it keep you from reaching your health goals. Get back on track. Here's how:

**Ask yourself why you got off-track.**

Was it at a party? Were you feeling stress at home or work? Find out what triggered your sidetrack and start again with the DASH plan.

**Don't worry about a slip.**

Everyone slips—especially when learning something new. Remember that changing your lifestyle is a long-term process.

**See if you tried to do too much at once.**

Often, those starting a new lifestyle try to change too much at once. Instead, change one or two things at a time. Slowly but surely is the best way to succeed.

**Break the process down into small steps.**

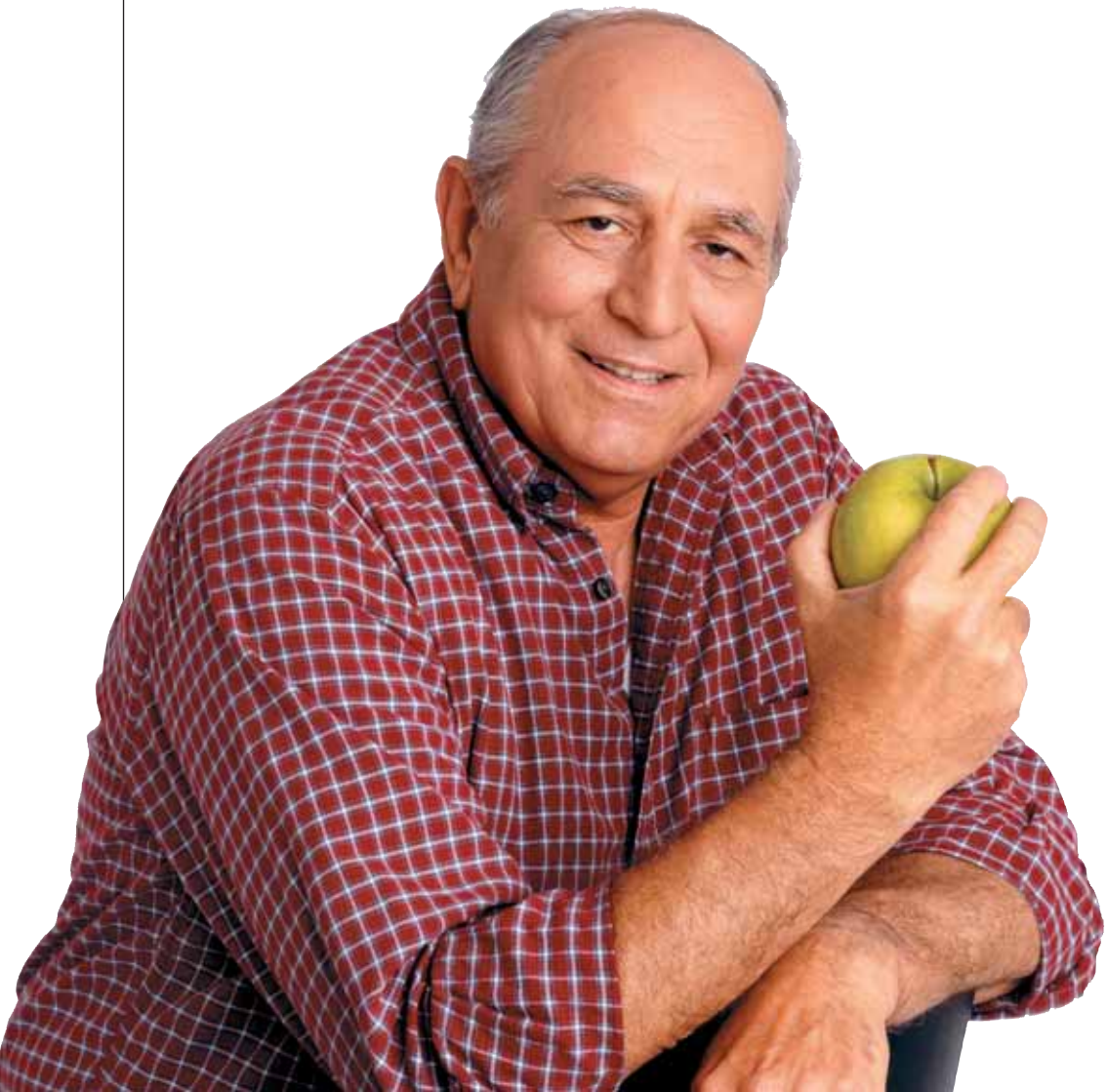
This not only keeps you from trying to do too much at once, but also keeps the changes simpler. Break complex goals into smaller, simpler steps, each of which is attainable.

**Write it down.**

Use the table in box 14 to keep track of what you eat and what you're doing. This can help you find the problem. Keep track for several days. You may find, for instance, that you eat high-fat foods while watching television. If so, you could start keeping a substitute snack on hand to eat instead of the high-fat foods. This record also helps you be sure you're getting enough of each food group and physical activity each day.

**Celebrate success.**

Treat yourself to a nonfood treat for your accomplishments.



# A Week With the DASH Eating Plan

Here is a week of menus from the DASH eating plan. The menus allow you to have a daily sodium level of either 2,300 mg or, by making the noted changes, 1,500 mg. You'll also find that the menus sometimes call for you to use lower sodium, low-fat, fat-free, or reduced fat versions of products.

The menus are based on 2,000 calories a day—serving sizes should be increased or decreased for other calorie levels. To ease the calculations, some of the serving sizes have been rounded off. Also, some items may be in too small a quantity to have a listed food group serving. Recipes for starred items are given on the later pages. Some of these recipes give changes that can be used to lower their sodium level. Use the changes if you want to follow the DASH eating plan at 1,500 milligrams of sodium per day.

## Abbreviations:

oz = ounce

tsp = teaspoon

Tbsp = tablespoon

g = gram

mg = milligram

## Day 1

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
<b>2,300 mg Sodium Menu</b>			
<b>Breakfast</b>			
<sup>3</sup> / <sub>4</sub> cup bran flakes cereal:	220	<sup>3</sup> / <sub>4</sub> cup shredded wheat cereal	1
1 medium banana	1		
1 cup low-fat milk	107		
1 slice whole wheat bread:	149		
1 tsp soft (tub) margarine	26	1 tsp unsalted soft (tub) margarine	0
1 cup orange juice	5		
<b>Lunch</b>			
<sup>3</sup> / <sub>4</sub> cup chicken salad:*	179	Remove salt from the recipe*	120
2 slices whole wheat bread	299		
1 Tbsp Dijon mustard	373	1 Tbsp regular mustard	175
salad:			
<sup>1</sup> / <sub>2</sub> cup fresh cucumber slices	1		
<sup>1</sup> / <sub>2</sub> cup tomato wedges	5		
1 Tbsp sunflower seeds	0		
1 tsp Italian dressing, low calorie	43		
<sup>1</sup> / <sub>2</sub> cup fruit cocktail, juice pack	5		
<b>Dinner</b>			
3 oz beef, eye of the round:	35		
2 Tbsp beef gravy, fat-free	165		
1 cup green beans, sautéed with:	12		
<sup>1</sup> / <sub>2</sub> tsp canola oil	0		
1 small baked potato:	14		
1 Tbsp sour cream, fat-free	21		
1 Tbsp grated natural cheddar cheese, reduced fat	67	1 Tbsp natural cheddar cheese, reduced fat, low sodium	1
1 Tbsp chopped scallions	1		
1 small whole wheat roll:	148		
1 tsp soft (tub) margarine	26	1 tsp unsalted soft (tub) margarine	0
1 small apple	1		
1 cup low-fat milk	107		
<b>Snacks</b>			
<sup>1</sup> / <sub>3</sub> cup almonds, unsalted	0		
<sup>1</sup> / <sub>4</sub> cup raisins	4		
<sup>1</sup> / <sub>2</sub> cup fruit yogurt, fat-free, no sugar added	86		
<b>Totals</b>	<b>2,101</b>		<b>1,507</b>

\* Recipe on page 45

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	2,062	2,037
Total fat	63 g	59 g
Calories from fat	28 %	26 %
Saturated fat	13 g	12 g
Calories from saturated fat	6 %	5 %
Cholesterol	155 mg	155 mg
Sodium	2,101 mg	1,507 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1		1	1			1	
	1		2		3		1	
	2	1 1				1/2		
			1		3			
		2 1					1/2	
	1		1	1			1	
			1			1		
	5	5	6	2 1/2	6	1 1/2	3 1/2	0

	Sodium Level	
<b>Nutrients Per Day</b>	<b>2,300 mg</b>	<b>1,500 mg</b>
Carbohydrate	284 g	284 g
Protein	114 g	115 g
Calcium	1,220 mg	1,218 mg
Magnesium	594 mg	580 mg
Potassium	4,909 mg	4,855 mg
Fiber	37 g	36 g

## Day 2

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
<b>2,300 mg Sodium Menu</b>			
<b>Breakfast</b>			
1/2 cup instant oatmeal	54	1/2 cup regular oatmeal with 1 tsp cinnamon	5
1 mini whole wheat bagel:	84		
1 Tbsp peanut butter	81		
1 medium banana	1		
1 cup low-fat milk	107		
<b>Lunch</b>			
chicken breast sandwich:			
3 oz chicken breast, skinless	65		
2 slices whole wheat bread	299		
1 slice (3/4 oz) natural cheddar cheese, reduced fat	202	1 slice (3/4 oz) natural Swiss cheese, low sodium	3
1 large leaf romaine lettuce	1		
2 slices tomato	2		
1 Tbsp mayonnaise, low-fat	101		
1 cup cantaloupe chunks	26		
1 cup apple juice	21		
<b>Dinner</b>			
1 cup spaghetti:	1		
3/4 cup vegetarian spaghetti sauce*	479	Substitute low-sodium tomato paste (6 oz) in recipe*	253
3 Tbsp Parmesan cheese	287		
spinach salad:			
1 cup fresh spinach leaves	24		
1/4 cup fresh carrots, grated	19		
1/4 cup fresh mushrooms, sliced	1		
1 Tbsp vinaigrette dressing†	1		
1/2 cup corn, cooked from frozen	1		
1/2 cup canned pears, juice pack	5		
<b>Snacks</b>			
1/3 cup almonds, unsalted	0		
1/4 cup dried apricots	3		
1 cup fruit yogurt, fat-free, no sugar added	173		
<b>Totals</b>	<b>2,035</b>		<b>1,560</b>

\* Recipe on page 46

† Recipe on page 47

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	2,027	2,078
Total fat	64 g	68 g
Calories from fat	28 %	30 %
Saturated fat	13 g	16 g
Calories from saturated fat	6 %	7 %
Cholesterol	114 mg	129 mg
Sodium	2,035 mg	1,560 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1							
	1					1/2		
			1	1				
	2			1/2	3			
		1/4 1/2					1	
			2 2					
	2	1 1/2		1/2				
		1 1/2 1/2					1/2	
		1	1					
			1			1		
				1				
	<b>6</b>	<b>5 1/4</b>	<b>7</b>	<b>3</b>	<b>3</b>	<b>1 1/2</b>	<b>1 1/2</b>	<b>0</b>

	Sodium Level	
Nutrients Per Day	2,300 mg	1,500 mg
Carbohydrate	288 g	290 g
Protein	99 g	100 g
Calcium	1,370 mg	1,334 mg
Magnesium	535 mg	542 mg
Potassium	4,715 mg	4,721 mg
Fiber	34 g	34 g

## Day 3

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
<b>2,300 mg Sodium Menu</b>			
<b>Breakfast</b>			
<sup>3</sup> / <sub>4</sub> cup bran flakes cereal:	220	2 cups puffed wheat cereal	1
1 medium banana	1		
1 cup low-fat milk	107		
1 slice whole wheat bread:	149		
1 tsp soft (tub) margarine	26	1 tsp unsalted soft (tub) margarine	0
1 cup orange juice	6		
<b>Lunch</b>			
beef barbeque sandwich:			
2 oz beef, eye of round	26		
1 Tbsp barbeque sauce	156		
2 slices (1 <sup>1</sup> / <sub>2</sub> oz) natural cheddar cheese, reduced fat	405	1 <sup>1</sup> / <sub>2</sub> oz natural cheddar cheese, reduced fat, low sodium	9
1 hamburger bun	183		
1 large leaf romaine lettuce	1		
2 slices tomato	2		
1 cup new potato salad*	17		
1 medium orange	0		
<b>Dinner</b>			
3 oz cod:	70		
1 tsp lemon juice	1		
<sup>1</sup> / <sub>2</sub> cup brown rice	5		
1 cup spinach, cooked from frozen, sautéed with:	184		
1 tsp canola oil	0		
1 Tbsp almonds, slivered	0		
1 small cornbread muffin, made with oil:	119		
1 tsp soft (tub) margarine	26	1 tsp unsalted soft (tub) margarine	0
<b>Snacks</b>			
1 cup fruit yogurt, fat-free, no added sugar:	173		
1 Tbsp sunflower seeds, unsalted	0		
2 large graham cracker rectangles:	156		
1 Tbsp peanut butter	81		
<b>Totals</b>	<b>2,114</b>		<b>1,447</b>

\* Recipe on page 48

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	1,997	1,995
Total fat	56 g	52 g
Calories from fat	25 %	24 %
Saturated fat	12 g	11 g
Calories from saturated fat	6 %	5 %
Cholesterol	140 mg	140 mg
Sodium	2,114 mg	1,447 mg



Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1		1	1				
	1		2				1	
	2	1/4 1/2 2	1	1	2			
	1	2			3			
	1					1/4	1	
				1			1	
	1					1/2 1/2		
	7	4 <sup>3</sup> / <sub>4</sub>	4	3	5	1 <sup>1</sup> / <sub>4</sub>	3	0

	Sodium Level	
Nutrients Per Day	2,300 mg	1,500 mg
Carbohydrate	289 g	283 g
Protein	103 g	104 g
Calcium	1,537 mg	1,524 mg
Magnesium	630 mg	598 mg
Potassium	4,676 mg	4,580 mg
Fiber	34 g	31 g

## Day 4

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
<b>2,300 mg Sodium Menu</b>			
<b>Breakfast</b>			
1 slice whole wheat bread:	149		
1 tsp soft (tub) margarine	26	1 tsp unsalted soft (tub) margarine	0
1 cup fruit yogurt, fat-free, no added sugar	173		
1 medium peach	0		
1/2 cup grape juice	4		
<b>Lunch</b>			
ham and cheese sandwich:			
2 oz ham, low-fat, low sodium	549	2 oz roast beef tenderloin	23
1 slice (3/4 oz) natural cheddar cheese, reduced fat	202	1 slice (3/4 oz) natural cheddar cheese, reduced fat, low sodium	4
2 slices whole wheat bread	299		
1 large leaf romaine lettuce	1		
2 slices tomato	2		
1 Tbsp mayonnaise, low-fat	101		
1 cup carrot sticks	84		
<b>Dinner</b>			
chicken and Spanish rice*	341	substitute low-sodium tomato sauce (4 oz) in recipe*	215
1 cup green peas, sautéed with:	115		
1 tsp canola oil	0		
1 cup cantaloupe chunks	26		
1 cup low-fat milk	107		
<b>Snacks</b>			
1/3 cup almonds, unsalted	0		
1 cup apple juice	21		
1/4 cup apricots	3		
1 cup low-fat milk	107		
<b>Totals</b>	<b>2,312</b>		<b>1,436</b>

\* Recipe on page 49

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	2,024	2,045
Total fat	59 g	59 g
Calories from fat	26 %	26 %
Saturated fat	12 g	12 g
Calories from saturated fat	5 %	5 %
Cholesterol	148 mg	150 mg
Sodium	2,312 mg	1,436 mg

Number of Servings by DASH Food Group								
Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars	
1						1		
		1	1					
2	1/4 1/2		1/2	2				
	2					1		
1	2			3				
		2	1			1		
		2 1			1			
			1					
<b>4</b>	<b>4<sup>3/4</sup></b>	<b>7</b>	<b>3<sup>1/2</sup></b>	<b>5</b>	<b>1</b>	<b>3</b>	<b>0</b>	

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Carbohydrate	279 g	278 g
Protein	110 g	116 g
Calcium	1,417 mg	1,415 mg
Magnesium	538 mg	541 mg
Potassium	4,575 mg	4,559 mg
Fiber	35 g	35 g

## Day 5

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
<b>2,300 mg Sodium Menu</b>			
<b>Breakfast</b>			
1 cup whole grain oat rings cereal:	273	1 cup frosted shredded wheat	4
1 medium banana	1		
1 cup low-fat milk	107		
1 medium raisin bagel:	272		
1 Tbsp peanut butter	81	1 Tbsp peanut butter, unsalted	3
1 cup orange juice	5		
<b>Lunch</b>			
tuna salad plate:			
1/2 cup tuna salad*	171		
1 large leaf romaine lettuce	1		
1 slice whole wheat bread	149	6 whole wheat crackers, low sodium	53
cucumber salad:			
1 cup fresh cucumber slices	2		
1/2 cup tomato wedges	5		
1 Tbsp vinaigrette dressing	133	2 Tbsp yogurt dressing, fat-free†	66
1/2 cup cottage cheese, low-fat:	459		
1/2 cup canned pineapple, juice pack	1		
1 Tbsp almonds, unsalted	0		
<b>Dinner</b>			
3 oz turkey meatloaf‡	205	substitute low-sodium ketchup in recipe‡	74
1 small baked potato:	14		
1 Tbsp sour cream, fat-free	21		
1 Tbsp natural cheddar cheese, reduced fat, grated	67	1 Tbsp natural cheddar cheese, reduced fat, and low sodium	1
1 scallion stalk, chopped	1		
1 cup collard greens, sautéed with:	85		
1 tsp canola oil	0		
1 small whole wheat roll	148	6 small melba toast crackers, unsalted	1
1 medium peach	0		
<b>Snacks</b>			
1 cup fruit yogurt, fat-free, no added sugar	173		
2 Tbsp sunflower seeds, unsalted	0		
<b>Totals</b>	<b>2,373</b>		<b>1,519</b>

\* Recipe on page 50

† Recipe on page 51

‡ Recipe on page 50

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	1,976	2,100
Total fat	57 g	52 g
Calories from fat	26 %	22 %
Saturated fat	11 g	11 g
Calories from saturated fat	5 %	5 %
Cholesterol	158 mg	158 mg
Sodium	2,373 mg	1,519 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1		1	1				
	2		2			1/2		
	1	1/4			3			
		2					1	
		1		1/4				
			1			1/4		
		1			3			
		2					1	
	1		1					
				1				
						1		
	5	6 <sup>1/4</sup>	5	2 <sup>1/4</sup>	6	1 <sup>3/4</sup>	2	0

	Sodium Level	
Nutrients Per Day	2,300 mg	1,500 mg
Carbohydrate	275 g	314 g
Protein	111 g	114 g
Calcium	1,470 mg	1,412 mg
Magnesium	495 mg	491 mg
Potassium	4,769 mg	4,903 mg
Fiber	30 g	31 g

## Day 6

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
<b>2,300 mg Sodium Menu</b>			
<b>Breakfast</b>			
1 low-fat granola bar	81		
1 medium banana	1		
1/2 cup fruit yogurt, fat-free, no sugar added	86		
1 cup orange juice	5		
1 cup low-fat milk	107		
<b>Lunch</b>			
turkey breast sandwich:			
3 oz turkey breast	48		
2 slices whole wheat bread	299		
1 large leaf romaine lettuce	1		
2 slices tomato	2		
2 tsp mayonnaise, low-fat	67		
1 Tbsp Dijon mustard	373	1 Tbsp regular mustard	175
1 cup steamed broccoli, cooked from frozen	11		
1 medium orange	0		
<b>Dinner</b>			
3 oz spicy baked fish*	50		
1 cup scallion rice†	18		
spinach sauté:			
1/2 cup spinach, cooked from frozen, sautéed with:	92		
2 tsp canola oil	0		
1 Tbsp almonds, slivered, unsalted	0		
1 cup carrots, cooked from frozen	84		
1 small whole wheat roll:	148		
1 tsp soft (tub) margarine	26		
1 small cookie	60		
<b>Snacks</b>			
2 Tbsp peanuts, unsalted	1		
1 cup low-fat milk	107		
1/4 cup dried apricots	3		
<b>Totals</b>	<b>1,671</b>		<b>1,472</b>

\* Recipe on page 52

† Recipe on page 53

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	1,939	1,935
Total fat	58 g	57 g
Calories from fat	27 %	27 %
Saturated fat	12 g	12 g
Calories from saturated fat	6 %	6 %
Cholesterol	171 mg	171 mg
Sodium	1,671 mg	1,472 mg

Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1		1	1/2				
			2	1				
	2	1/4 1/2			3		2/3	
		2	1					
	2				3			
		1					2	
		2				1/4		
	1						1	1
						1/2		
			1	1				
	<b>6</b>	<b>5<sup>3/4</sup></b>	<b>5</b>	<b>2<sup>1/2</sup></b>	<b>6</b>	<b>3/4</b>	<b>3<sup>2/3</sup></b>	<b>1</b>

	Sodium Level	
Nutrients Per Day	2,300 mg	1,500 mg
Carbohydrate	268 g	268 g
Protein	105 g	105 g
Calcium	1,210 mg	1,214 mg
Magnesium	548 mg	545 mg
Potassium	4,710 mg	4,710 mg
Fiber	36 g	36 g

## Day 7

	Sodium (mg)	Substitution To Reduce Sodium to 1,500 mg	Sodium (mg)
<b>2,300 mg Sodium Menu</b>			
<b>Breakfast</b>			
1 cup whole grain oat rings:	273	1 cup regular oatmeal	5
1 medium banana	1		
1 cup low-fat milk	107		
1 cup fruit yogurt, fat-free, no sugar added	173		
<b>Lunch</b>			
tuna salad sandwich:			
1/2 cup tuna, drained, rinsed	39		
1 Tbsp mayonnaise, low-fat	101		
1 large leaf romaine lettuce	1		
2 slices tomato	2		
2 slices whole wheat bread	299		
1 medium apple	1		
1 cup low-fat milk	107		
<b>Dinner</b>			
1/6 recipe zucchini lasagna:*	368	substitute cottage cheese, low-fat, no salt added in recipe*	165
salad:			
1 cup fresh spinach leaves	24		
1 cup tomato wedges	9		
2 Tbsp croutons, seasoned	62		
1 Tbsp vinaigrette dressing, reduced calorie	133	1 Tbsp low-sodium vinaigrette dressing, from recipe†	1
1 Tbsp sunflower seeds	0		
1 small whole wheat roll:	148		
1 tsp soft (tub) margarine	45	1 tsp unsalted soft (tub) margarine	0
1 cup grape juice	8		
<b>Snacks</b>			
1/3 cup almonds, unsalted	0		
1/4 cup dry apricots	3		
6 whole wheat crackers	166		
<b>Totals</b>	<b>2,069</b>		<b>1,421</b>

\* Recipe on page 54

† Recipe on page 47

Nutrients Per Day	Sodium Level	
	2,300 mg	1,500 mg
Calories	1,993	1,988
Total fat	64 g	60 g
Calories from fat	29 %	27 %
Saturated fat	13 g	13 g
Calories from saturated fat	6 %	6 %
Cholesterol	71 mg	72 mg
Sodium	2,069 mg	1,421 mg



Number of Servings by DASH Food Group								
	Grains	Vegetables	Fruits	Milk Products	Meats, Fish, and Poultry	Nuts, Seeds, and Legumes	Fats and Oils	Sweets and Added Sugars
	1		1	1				
				1				
					3		1	
	2	1/4 1/2	1	1				
	3	1		1				
	1/4	1 2					1/2	
	1					1/2		
			2				1	
	1		1			1		
	<b>8 1/4</b>	<b>4 3/4</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>1 1/2</b>	<b>2 1/2</b>	<b>0</b>

	Sodium Level	
Nutrients Per Day	2,300 mg	1,500 mg
Carbohydrate	283 g	285 g
Protein	93 g	97 g
Calcium	1,616 mg	1,447 mg
Magnesium	537 mg	553 mg
Potassium	4,693 mg	4,695 mg
Fiber	32 g	33 g