

## 1200 Calorie DASH Diet Plan (Sodium: between 1500 and 2300 mg)

Grains,  
cooked

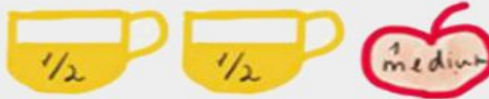


Veggies,  
cooked



Or 1.5 cup  
leafy greens

Fruit,  
Chopped



Or 1/4 cup  
dried fruit

Dairy,  
Low-Fat, Fat-Free



Or 10g Cheese

Lean Meat,  
Fish, Poultry



Nuts,  
Seeds

10 Grams

Oils &  
Sweets



1 tbsp oil +  
1 tsp sugar

Sodium

