

DASH EATING PLAN - NUMBER OF DAILY SERVINGS FOR OTHER CALORIE LEVELS

FOOD GROUPS	SERVINGS/DAY		
	1600 CALORIES/DAY	2600 CALORIES/DAY	2600 CALORIES/DAY
GRAINS			
VEGETABLES			
FRUITS			
FAT-FREE OR LOW- FAT MILK AND MILK PRODUCTS			
LEAN MEATS, POULTRY, AND FISH			
NUTS, SEEDS, AND LEGUMES			
FATS AND OILS			
SWEETS AND ADDED SUGARS			

