

# DASH SAMPLE

## MENU

### BREAKFAST 1

4 oz. low sodium vegetable juice 1 Fruit

1 Medium Banana 1 Fruit

8 oz. 1% Milk 1 Dairy

1 Cup cooked cereal 2 Grains

(oatmeal/cream of wheat)

1 piece Whole wheat toast 1 Grain

1 tsp. Soft Margarine 1 Fat

### BREAKFAST 2

4 oz. Orange Juice 1 Fruit

1 Medium Banana 1 Fruit

8 oz. 1% Milk 1 Dairy

1 ½ Cups Corn flakes 2 Grains

1 piece Whole wheat toast 1 Grain

1 tsp. Soft Margarine 1 Fat

# DASH SAMPLE

## MENU

### LUNCH 1

2 oz. Turkey (2 slices) 1 Meat

2 slices Whole wheat bread 2 Grains

6 – 8 sticks Carrots and celery 1 Vegetable

1 slice low fat cheese 1 Dairy

8 oz. Low fat Milk 1 Dairy

1 medium Apple 1 Fruit

### LUNCH 2

2 oz. low fat/low sodium ham 1 Meat

2 slices Whole wheat bread 2 Grains

6 – 8 sticks Carrots and celery 1 Vegetable

½ Cup low fat yogurt 1 Dairy

8 oz. 1 % butter milk 1 Dairy

1 medium Apple 1 Fruit

# DASH SAMPLE

## MENU

### DINNER 1

3 oz Herbed baked Cod 1 Meat  
1 Cup Rice pilaf 2 Grains  
1 small Whole wheat dinner roll 1 grain  
½ Cup steamed Broccoli 1 Vegetable  
1 Cup Spinach salad 1 Vegetable  
1 tbsp. Light dressing ½ Fat  
½ Cup Melon 1 Fruit

### DINNER 2

3 oz Herbed baked Catfish 1 Meat  
1 Cup cooked grits 2 Grains  
1 small corn muffin 1 grain  
½ Cup cooked collard greens 1 Vegetable  
1 Cup cucumber, tomato & lettuce salad 1 Vegetable  
1 tbsp. Light dressing ½ Fat  
½ Cup Melon 1 Fruit

# DASH SAMPLE

## MENU

## SNACKS

1/4 Cup Dried apricots 1 Fruit

3/4 Cup Unsalted pretzels grain

1/3 Cup Unsalted peanuts 1 nut

12 oz Diet soda