

This Healthy Eating Plan follows the guidelines of the *DASH Eating Plan*. DASH style eating plans emphasize low saturated fats, cholesterol and total fats. This is done by increasing the amounts of vegetables, fruits and fat-free or low-fat milk and milk products. Other keystones of a DASH diet are whole grains, increased fish, and nuts and seeds, meanwhile limiting meat and poultry.

Research has shown that following DASH style diets can help people lower their blood pressure, lower their cholesterol, and lose weight. Research continues to show other health benefits from eating this way. It is also a safe diet for people with diabetes, since it also minimizes added sugar and sugar-containing beverages.

Want to learn more about the original DASH? Visit [www.nhlbi.nih.gov/health/public/heart/hbp/dash](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash)

The different food groups used in these sample menus are starches, vegetables, fruits, meats and meat substitutes, and then nuts and seeds. The following lists give the daily servings of each food group for each of the different calorie levels to help with making healthy choices. The sample menus allows for substitutions to make the meals pleasing and affordable for the entire family.

Serving Sizes from Each Food Group			
	1200 Calorie Meal Plan	1500 Calorie Meal Plan	2000 Calorie Meal Plan
<b>Starches</b>	3 servings	5 servings	8 servings
<b>Fruits</b>	4 servings	4 servings	5 servings
<b>Vegetables</b>	4 servings	5 servings	6 servings
<b>Dairy</b>	3 servings	3 servings	4 servings
<b>Meat &amp; Meat Substitutes</b>	4 oz.	5 oz.	7 oz.
<b>Nuts &amp; Seeds</b>	1 serving	1 serving	2 servings
<b>Fats</b>	2 servings	2 servings	4 servings

We hope these serving guides and sample menus are helpful in planning a diet that is heart healthy and help you meet your personal health goals.

## STARCHES

Starches are a good source of energy, fiber, and are naturally low in fat. The starch food group includes whole grains, rice, cereals, and starchy vegetables, such as potatoes, peas and beans, corn, yams and sweet potatoes, and winter squash (which includes acorn and butternut squash). The number of servings varies based on the number of calories needed in your daily diet. One serving of starch contains 15 gram of carbohydrates and 80 calories.

DASH diets limit the number of starches added, so be cautious of the number and size of servings. Also be mindful of adding lots of cheese, butter, and fat heavy sauces as they add additional calories.

Starches	Serving Size
Bread, whole wheat	1 slice
Roll, whole wheat	1 small (~1 oz.)
Cereals, whole wheat	
Grape-Nuts®	¼ cup
Bran	½ cup
Shredded wheat	½ cup
Puffed	1 ½cup
Grits/Oatmeal, cooked	½ cup
Pasta, macaroni, spaghetti, whole wheat, cooked	½ cup
Brown/Wild rice	⅓ cup
Quinoa	⅓ cup
Popcorn, low sodium/fat	3 cups
Saltine Crackers	6 crackers
Beans and peas (garbanzo, pinto, kidney, white, black-eyed)	½ cups
Lentils, cooked	½ cup
Potato	½ cup or 3 oz.
Corn	½ cup
Tortilla, whole wheat, 6 inches	1
Pita, whole wheat, 6 inches	½
Biscuit, 2 ½ inched across	1
Bagel, whole wheat (large 4 oz)	1/4 (1 oz.)
English Muffin	½

# Healthy Lifestyles through Nutrition

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## VEGETABLES

This group includes all non-starchy vegetables, such as carrots, collards, kale, greens, spinach, artichoke, asparagus, broccoli, onions, tomatoes, okra, mushrooms, zucchini and summer squash, green/wax beans, peppers, cauliflower, eggplant, celery, cucumber, cabbage and more. These vegetables are chockfull of fiber, vitamins and minerals, such as potassium and magnesium. Fresh, frozen, canned or dried can be used just make sure your choices do not have salt added.



Non-Starchy Vegetables	Serving Size
Raw	1 cup
Cooked	½ cup
Juiced	6 oz.

## FRUITS

When it comes to fruits, fresh fruits, dried fruits, and frozen fruits are great choices. Juice is an okay option but it is not very filling and tends to contain lots of sugar. But they all provide an excellent source of potassium and magnesium. Fresh fruit is also a great source of fiber. Add an apple or banana to breakfast to start the day. Remember that grapefruit and grapefruit products can interact with certain medications, so check with your doctor. Fresh, frozen or canned can be used just make sure your choices are in natural juice or light syrup.

Fruits	Serving Size
Apples, bananas, kiwi, nectarine, orange	1 small
Plums, tangerines, figs (fresh)	2 small
Apple Sauce (unsweetened), apricots	½ cup
Canned fruits in their own juice: cherries, fruit, mango, peaches, pears	½ cup
Plums, pineapple, cantaloupe, honeydew, papaya, raspberries	1 cup
Fresh 100% Juice (except - grape or	½ cup

prune juice)	
Grape juice, prune juice, cranberry cocktail	⅓ cup
Black Berries, Blue Berries, Pineapple	¾ cup
Canned: Grape Fruit Sections, Mandarin Orange	¾ cup
Strawberries, Watermelon, Dried Figs	1 ¼ cup
Dates, Prunes	3 each

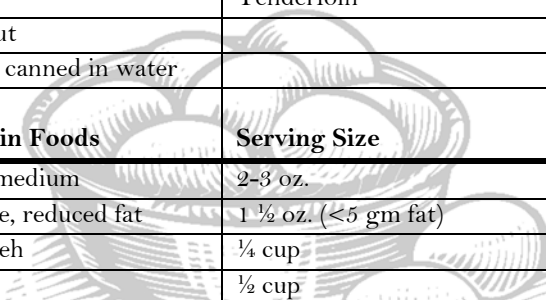
## MEAT AND PROTEIN

This group includes lean beef, lean pork, lamb, game meat, poultry, seafood, and low fat cheese (cheese is considered a protein alternative since it does not contain carbohydrates). These foods are rich sources of protein, B vitamins, iron, and zinc. Always choose lean meat (flank steak or loin chop). Trim away skin and fat before cooking. Then broil, grill, roast, bake, stew or poach instead of frying.

### Meat and Protein

\*2-3 oz. is about the size of a deck of cards or cassette tape

Beef	Poultry
Ground beef, lean	Chicken Breast
Roast	Turkey Breast
Tenderloin	Cornish hen
Seafood	Pork
Mackerel	Ribs
Lake Trout	Loin Roast
Shrimp	Loin Chop
Salmon	Sirloin Chop
Crab	Tenderloin
Halibut	
Tuna, canned in water	
Protein Foods	Serving Size
Egg, medium	2-3 oz.
Cheese, reduced fat	1 ½ oz. (<5 gm fat)
Tempeh	¼ cup
Tofu	½ cup



## DAIRY GROUP

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From the dairy group always choose the low-fat or nonfat versions. Milk, yogurt and other dairy products are the major sources of calcium, magnesium, vitamin D, and protein. If you have lactose intolerance use products, like reduced fat soy, almond or rice milk, which are great alternatives. Most dairy substitutes have been fortified to contain the same nutrients as traditional milk, so when choosing one look for “Vitamin A and D added” on the label. Or talk to your doctor or dietitian about trying over-the-counter products that contain the enzyme lactase, which can reduce or even prevent the symptoms of lactose intolerance and help with digestion.

Dairy Products	Serving Size
Skim, 0.5%, 1% milk	1 cup
2% milk	1 cup
Nonfat or low fat buttermilk	1 cup
Low-fat chocolate milk	½ cup
Almond milk	1 cup
Soy milk	1 cup
Nonfat yogurt plain or flavored with artificial sweetener	6 oz.
Low-fat yogurt	¾ cup
Ice cream, sugar free	½ cup

## NUTS AND SEEDS GROUP

The last piece of the Dash keystone is to include 4 to 5 servings of nuts or seeds a week. This group is rich in magnesium, potassium, protein, and dietary fiber. When choosing a nut, make sure to choose the unsalted variety, as we do not want to add additional sodium.

Nuts	Serving Size
Almonds	6 nuts
Mixed nuts (50% peanuts)	6 nuts
Peanuts	10 nuts
Nut butters, low-fat	1 ½ tsp
Cashews	6 nuts
Pecans	4 halves

Walnuts	4 halves
Macadamia Nuts	3 nuts
Pine Nuts	1 Tbsp.
Pistachios	16 nuts

Seeds	Serving Size
Sunflower Seeds	1 Tbsp.
Pumpkin Seeds	1 Tbsp.
Sesame Seeds	1 Tbsp.
Flax seeds	1 Tbsp.
Chia Seeds	2 tsp.

## FREE FOODS

A free food is any food or drink that contains less than 20 calories or less than 5 grams of carbohydrate per serving. Use as much as you want for the items that have no serving size specified. Items that have a specific serving size should be limited to 3 servings per day. It is important to always check the sodium content in these items and to choose items that are salt-free or low salt.

Free Foods	Serving Size
Cream cheese, fat-free	1 Tbsp.
Creamers, nondairy, liquid	2 tsp.
Creamers, nondairy, powdered	2 Tbsp.
Mayonnaise, fat-free	1 Tbsp.
Mayonnaise, reduced-fat	1 tsp.
Margarine, fat-free	1 Tbsp.
Margarine, reduced-fat	1 tsp.
Non-stick cooking spray	1 Tbsp.
Salad dressing, fat-free	1 Tbsp.
Salad dressing, fat-free, Italian	2 Tbsp.
Salsa	¼ cup
Sour cream, fat-free	1 Tbsp.
Whipped topping, light	2 Tbsp.
Candy, hard, sugar-free	1 candy
Gelatin, sugar-free	2 tsp.
Jam/jelly, sugar-free	2 tsp.
Pancake syrup, sugar-free	2 tbsp.
Bouillon, low-sodium	-

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Carbonated drinks, sugar-free	<1 per day
Cocoa powder, unsweetened	1 Tbsp.
Coffee/tea, unsweetened	-
Drink mixes, sugar-free	-
Ketchup	1 Tbsp.
Mustard, soy sauce, vinegar	-

But if you do want to use an app or program read reviews by registered dietitians as [foodandnutrition.com](http://foodandnutrition.com). Just search for weight management apps on the home page.

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My Healthy Eating Plan						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Breakfast			
			Lunch			
			Dinner			
			Snack			

## HELPFUL APPS & WEBSITES

There are many useful online tools for tracking and helping reaching your weight loss goals through logging food intake and exercise. Most restaurants give their nutritional information online but websites and apps like **CalorieKing** ([calorieking.com](http://calorieking.com)) are great for looking up nutrition information on the go.



For more involved food and exercise logging there are apps and websites like **MyFitnessPal** ([myfitnesspal.com](http://myfitnesspal.com)). This app can monitor your calories and other nutritional information and takes into account your health status information and exercise regimen to give you realistic goals to help with weight loss.



There are thousands of apps and programs out there, the two listed above are free and very user friendly.