How to Lower Calories Using DASH

If you want to lower the amount of calories you eat while following the DASH Eating Plan, eat fewer servings from each food group, use lower fat foods and leave out the sweets!   If you eat the number of servings in the plan outlined below you will get 1600 calories.

DASH eating plan number of servings for 1600 Calories per day	
Foods Group	**Servings/Day**
Grains and grain products	6
Vegetables	3-4
Fruits	4
Low fat or fat-free dairy products	2-3
Meats, poultry, and fish	1-2
Nuts, seeds, and dry beans	3/week
Fat and oils	2
Sweets	0

Other Tips for Losing Calories:

- Use low fat or fat-free condiments
- Use half as much vegetable oil, soft or liquid margarine, low fat salad dressing, or choose fat-free versions.
- Eat smaller portions—cut back gradually.
- Choose low fat or fat-free dairy products to reduce total fat intake.
- Check the food labels to compare fat content in packaged foods—items marked low fat or fat-free are not always lower in calories than regular versions.
- Limit foods with lots of added sugar, such as pies, flavored yogurts, candy bars, ice cream, sherbet, regular soft drinks, and fruit drinks.
- Eat fruits canned in their own juice.
- Add fruit to plain yogurt.
- Snack on fruit, vegetable sticks, unbuttered and unsalted popcorn, or bread sticks.
- Drink water or club soda.

How many calories can simple changes save?

- 1 medium apple instead of four shortbread cookies saves you 80 calories.
- ¼ cup of dried apricots instead of a 2-oz bag of pork rinds saves you 230 calories.

- 3 oz hamburger instead of a 6 oz hamburger plus ½ cup serving of carrots and ½ cup serving of spinach saves you more than 200 calories.
- Stir-fry with 2 oz of chicken and 1 ½ cups of raw vegetables and a small amount of vegetable oil instead of 5 oz of chicken will save you 50 calories.
- ½ cup of low fat frozen yogurt instead of a 1 ½ oz milk chocolate bar saves you 110 calories.