

FOOD LIST	FRUIT	VEGETABLE	DAIRY low fat or fat free	LEAN PROTEIN Fish, Poultry, Meat, Plant-based	NUTS, SEEDS	OILS & FATS	SWEETS, SALT	ALCOHOL	PHYSICAL ACTIVITY LIST Cardio, Strength, Flexibility/ Balance
Example	1 banana	2 cups salad mix	8 oz. no-fat plain yogurt	4 oz. grilled chicken	10 roasted no-salt almonds			1 (12 oz.) beer	Walked -30mins
Breakfast									
Lunch									
Dinner									
Snacks									
Totals									
DASH diet **									

** dietitian to determine