

DASH Diet Getting Started Toolkit

1-Page DASH Daily Checklist

Use this simple daily guide to stay on track with DASH-style eating.

Fruits & Vegetables

- I included fruit at least twice today
- I included vegetables at least twice today
- Half my plate was fruits and/or vegetables at one meal

Whole Grains

- I chose whole grains instead of refined grains I included at least one whole grain today

Lean Protein

- I chose lean protein (chicken, fish, beans, lentils, turkey) I limited red or processed meats

Dairy

- I included low-fat or fat-free dairy

Healthy Fats

- I used healthy fats (olive oil, nuts, seeds) I avoided fried or heavily processed foods

Sodium Awareness

- I avoided adding extra salt to meals I chose low-sodium options when possible

Added Sugar

- I limited sugary drinks or desserts today I chose fruit or a healthier option instead

Hydration

- I drank enough water today

Overall Progress

- I made at least one DASH-friendly choice today

Medical Disclaimer

This resource is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Individuals should consult their physician, registered dietitian, or qualified healthcare provider before starting any new eating plan, especially if they have existing medical conditions or are taking medications. Always follow individualized healthcare guidance and discontinue any dietary change that causes concerning symptoms.