The DASH Diet: Foods You Can and Can't Eat While on the Diet

Here's the complete list of all the approved foods you can eat and can't eat on the DASH Diet.



APPROVED FOODS YOU CAN EAT ON THE DASH DIET

WHOLE GRAINS: 6 to 8 Servings per Day

- [ ] Whole wheat breads
- [ ] Whole-grain pastas
- [ ] Whole-grain tortillas
- [ ] Rice
- [ ] Quinoa
- [ ] Oatmeal
- [ ] Couscous

VEGETABLES: 4 to 5 Servings per Day

- [ ] Asparagus
- [ ] Avocado
- [ ] Bell Peppers
- [ ] Broccoli
- [ ] Brussels Sprouts

- [ ] Cabbage
- [ ] Cauliflower
- [ ] Celery
- [ ] Chile Peppers
- [ ] Collard Greens
- [ ] Cucumber
- [ ] Eggplant
- [ ] Green Beans
- [ ] Kale
- [ ] Leeks
- [ ] Mushrooms
- [ ] Okra
- [ ] Olives (actually a fruit)
- [ ] Spinach
- [ ] Sprouts
- [ ] Shallot
- [ ] Snow Peas
- [ ] Squash
- [ ] Tomato
- [ ] Zucchini

FRUITS: 4 to 5 Servings per Day

- [ ] Apples
- [ ] Pears
- [ ] Peaches
- [ ] Kiwi
- [ ] Plum
- [ ] Tangerines
- [ ] Grapes
- [ ] Melon
- [ ] Pineapple
- [ ] Oranges

- [ ] Bananas
- [ ] Berries
- [ ] Dates
- [ ] Apricots

DAIRY: 2 to 3 Serving per Day

- [ ] Low-fat milk
- [ ] Low-fat yogurt
- [ ] Low-fat cheeses
- [ ] Low-fat cottage cheese

LEAN MEATS AND POULTRY: 6 or Under Servings per Day

- [ ] Chicken
- [ ] Turkey
- [ ] Cod
- [ ] Mahi Mahi
- [ ] Pollock
- [ ] Tilapia
- [ ] Fresh Tuna
- [ ] Whitefish
- [ ] Salmon
- [ ] Shrimp
- [ ] Pork loin
- [ ] Grass-Fed Beef
- [ ] Egg (one per day)

NUTS, SEEDS, AND BEANS: 4 to 5 Servings per Day

- [ ] Almonds (unsalted)
- [ ] Pistachios (unsalted)
- [ ] Cashews (unsalted)
- [ ] Walnuts (unsalted)
- [ ] Peanuts (unsalted)

- [ ] Peanut Butter (unsalted)
- [ ] Almond Butter
- [ ] Chia Seeds
- [ ] Flax Seeds
- [ ] Hemp Seeds
- [ ] Sunflower Seeds
- [ ] Sesame Seeds
- [ ] Baked Beans (low sodium)
- [ ] Green Beans
- [ ] Cooked Lentils

FATS AND OILS 2 to 3 Servings per Day

- [ ] Avocado
- [ ] Soft Margarine/butter
- [ ] Olive Oil
- [ ] Avocado Oil
- [ ] Canola Oil
- [ ] Vegetable Oil
- [ ] Mayonnaise
- [ ] Salad Dressing (full fat)

SWEETS, SUGAR, CANDY, AND DESSERTS: Fewer than 5 Servings per Week

- [ ] 1 tablespoon Sugar
- [ ] 1 tablespoon Raw sugar
- [ ] 1 tablespoon Brown sugar
- [ ] 1 tablespoon Honey
- [ ] 1 tablespoon Maple Syrup
- [ ] 1 tablespoon Molasses
- [ ] 1 tablespoon Agave
- [ ] 1 tablespoon Jelly or Jam
- [ ] 1/2 cup Sorbet or Low-fat Ice Cream
- [ ] 1/2 cup Frozen Yogurt

- [ ] 1/2 cup Pudding
- [ ] 1/2 cup Jello
- [ ] 1 ounce Dark Chocolate

FOOD AND DRINKS NOT TO EAT ON THE DASH DIET

- [ ] They are no requirements of what not to eat on the DASH Diet however it is recommended to stay away from foods that are high in sodium. Stay away from lots of processed or sugary foods, and avoid food
- [ ] There are no requirements of what to drink on the DASH Diet however you would want to drink more water and herbal teas throughout the day.

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