



DASH Diet for Kids

What is the DASH Diet?

DASH stands for Dietary Approaches to Stop Hypertension or high blood pressure. This means choosing plenty of fruits, veggies, non-fat or low fat dairy and whole grains to help keep blood pressure under control. Look for foods with "No Added Salt" on the label and don't add salt to your foods. For more information on the DASH diet check out the National Heart, Lung and Blood Institute website, <http://www.nhlbi.nih.gov>.

Sample Menus for 1000 calorie diet

This means 3 ounces of grains, 1 cup of vegetables, 1 cup of fruit, 2 ounces of lean meat/beans and 2 cups of dairy products daily.

<p style="text-align: center;">BREAKFAST</p> <p>$\frac{1}{2}$ cup cooked oatmeal, $\frac{1}{4}$ cup mandarin oranges, $\frac{1}{2}$ cup 2% milk</p> <p style="text-align: center;">MID-MORNING SNACK</p> <p>2 vanilla wafers and $\frac{1}{2}$ cup apple juice</p> <p style="text-align: center;">LUNCH</p> <p>$\frac{1}{2}$ cup 2% milk, $\frac{1}{2}$ low fat grilled cheese and ham sandwich and $\frac{1}{2}$ apple</p> <p style="text-align: center;">MID-AFTERNOON SNACK</p> <p>$\frac{1}{2}$ cup low fat yogurt and 3-4 animal crackers</p> <p style="text-align: center;">DINNER</p> <p>$\frac{1}{2}$ cup 2% milk, 1 ounce chicken baked, 1 slice whole wheat bread, $\frac{1}{3}$ cup cooked carrots, 2 tbsp mashed potatoes</p> <p style="text-align: center;">EVENING SNACK</p> <p>$\frac{1}{4}$ cup applesauce, 2 graham crackers squares, $\frac{1}{2}$ cup 2% milk</p>	<p style="text-align: center;">BREAKFAST</p> <p>$\frac{1}{2}$ cup ready to eat low sugar cereal, $\frac{1}{2}$ cup 2% milk, $\frac{1}{4}$ cup peaches</p> <p style="text-align: center;">MID-MORNING SNACK</p> <p>3-4 animal crackers $\frac{1}{2}$ cup orange juice</p> <p style="text-align: center;">LUNCH</p> <p>$\frac{1}{2}$ cup 2% milk, $\frac{1}{2}$ peanut butter and jelly sandwich, $\frac{1}{2}$ banana, 2 tbsp green beans</p> <p style="text-align: center;">MID-AFTERNOON SNACK</p> <p>$\frac{1}{2}$ oz low fat cheese and $\frac{1}{4}$ cup applesauce</p> <p style="text-align: center;">DINNER</p> <p>$\frac{1}{2}$ cup 2% milk, 2 tbsp cooked beans, $\frac{1}{4}$ cup each of rice, broccoli, and corn</p> <p style="text-align: center;">EVENING SNACK</p> <p>$\frac{1}{4}$ cup pears, 2 vanilla wafers, $\frac{1}{2}$ cup 2% milk</p>	<p style="text-align: center;">BREAKFAST</p> <p>$\frac{1}{2}$ cup oatmeal, $\frac{1}{4}$ cup peaches, $\frac{1}{2}$ cup 2% milk</p> <p style="text-align: center;">MID-MORNING SNACK</p> <p>2 graham cracker squares, $\frac{1}{2}$ cup apple juice</p> <p style="text-align: center;">LUNCH</p> <p>$\frac{1}{2}$ cup 2% milk, $\frac{1}{2}$ grilled low fat cheese sandwich, 2 tbsp carrots cooked, $\frac{1}{3}$ cup pineapple</p> <p style="text-align: center;">MID-AFTERNOON SNACK</p> <p>$\frac{1}{2}$ cup low fat yogurt, 3-4 animal crackers</p> <p style="text-align: center;">DINNER</p> <p>$\frac{1}{2}$ cup 2% milk, 1.5 ounces baked fish, $\frac{1}{4}$ cup each of rice, sweet potato and green beans</p> <p style="text-align: center;">EVENING SNACK</p> <p>$\frac{1}{2}$ cup applesauce, 2 vanilla wafers, $\frac{1}{2}$ cup 2% milk</p>
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DASH Sample Menus for 1400 Calories

This means 5 ounces of grains, 1.5 cups of vegetables, 1.5 cups of fruit, 4 ounces of lean meat/beans, and 2 cups of dairy products daily.

<p>BREAKFAST $\frac{1}{2}$ cup skim or 1% milk, $\frac{1}{2}$ cup low sugar cereal, $\frac{1}{2}$ cup applesauce, 1 slice whole wheat toast, 1 tsp margarine</p> <p>MID-MORNING SNACK 3-4 vanilla wafers, $\frac{1}{2}$ cup orange juice</p> <p>LUNCH $\frac{1}{2}$ cup skim or 1% milk, grilled low fat cheese sandwich, $\frac{1}{2}$ cup carrot sticks, 1 small banana</p> <p>MID-AFTERNOON SNACK 1 cup low fat yogurt, 6 animal crackers</p> <p>DINNER $\frac{1}{2}$ cup skim or 1% milk, 2 ounces baked chicken, 1 dinner roll, $\frac{1}{4}$ cup each of cooked peas and mashed potatoes</p> <p>EVENING SNACK $\frac{1}{2}$ cup applesauce, $\frac{3}{4}$ ounce part skim string cheese, 5 whole wheat crackers, $\frac{1}{2}$ cup skim or 1% milk</p>	<p>BREAKFAST 1 hard boiled egg, 1 small (3 inch) biscuit, 1 tsp jam, 1 tsp margarine, $\frac{1}{2}$ cup peaches in light syrup, $\frac{1}{2}$ cup skim or 1% milk</p> <p>MID-MORNING SNACK 4-6 graham crackers, $\frac{1}{2}$ cup orange juice</p> <p>LUNCH $\frac{1}{2}$ cup skim or 1% milk, peanut butter and jelly sandwich, $\frac{1}{2}$ cup celery sticks, $\frac{1}{2}$ cup mandarin oranges</p> <p>MID-AFTERNOON SNACK 1 cup low fat yogurt, 6 animal crackers</p> <p>DINNER $\frac{1}{2}$ cup skim or 1% milk, 4 tbsp cooked beans, $\frac{1}{2}$ cup each of rice, broccoli and corn</p> <p>EVENING SNACK $\frac{1}{2}$ cup applesauce, $\frac{3}{4}$ cup yogurt, $\frac{1}{2}$ cup skim or 1% milk</p>	<p>BREAKFAST $\frac{1}{2}$ cup skim or 1% milk, $\frac{1}{2}$ cup oatmeal, $\frac{1}{2}$ cup mandarin oranges, 1 slice whole wheat toast, 1 tsp margarine</p> <p>MID-MORNING SNACK 3-4 vanilla wafers, $\frac{1}{2}$ cup apple juice</p> <p>LUNCH $\frac{1}{2}$ cup skim or 1% milk, low fat cheese and turkey sandwich on whole wheat, $\frac{1}{2}$ cup pineapple in light syrup/juice, $\frac{1}{2}$ cup carrot sticks</p> <p>MID-AFTERNOON SNACK 1 cup low fat yogurt, 6 animal crackers</p> <p>DINNER $\frac{1}{2}$ cup skim or 1% milk, 2 ounces baked fish, $\frac{1}{2}$ cup each of rice, sweet potato and green beans</p> <p>EVENING SNACK $\frac{1}{2}$ cup mandarin oranges, $\frac{3}{4}$ ounce part skim string cheese, 5 whole wheat crackers, $\frac{1}{2}$ cup skim or 1% milk</p>
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DASH Sample Menus for 1600 calories

This means 5 ounces of grains, 2 cups of vegetables, 1.5 cups of fruit, 5 ounces of lean meat/beans and 3 cups of dairy products daily.

<p>BREAKFAST 1 cup skim or 1% milk, 1 cup low sugar cereal, 1 slice whole wheat toast, 1 tsp margarine and jelly, $\frac{1}{2}$ banana</p> <p>LUNCH $\frac{1}{2}$ cup skim or 1% milk, peanut butter and jelly sandwich on whole wheat, $\frac{1}{2}$ cup each of celery and carrots, 1 tbsp lite ranch dressing, $\frac{1}{2}$ cup strawberries</p> <p>DINNER 3 ounces turkey, 1 whole wheat bun, lettuce/tomato, $\frac{1}{2}$ cup of string beans, $\frac{1}{2}$ cup peaches</p> <p>SNACK 1 part skim string cheese, $\frac{1}{4}$ cup raisins</p>	<p>BREAKFAST 1 cup skim or 1% milk, $\frac{1}{2}$ cup oatmeal, $\frac{1}{2}$ cup blueberries</p> <p>LUNCH 1 cup low fat yogurt, 1 cup low fat granola, 1 small box raisins, $\frac{1}{2}$ cup celery</p> <p>DINNER 3 ounces baked fish, $\frac{1}{2}$ cup rice, 1 cup broccoli, $\frac{1}{2}$ cup carrots, $\frac{1}{2}$ cup sliced pears</p> <p>SNACK 1 cup skim or 1% milk, 4-6 graham crackers, 1 tbsp peanut butter</p>	<p>BREAKFAST 1 hard boiled egg, 1 small (3 inch) biscuit, 1 tsp margarine, 1 tsp jam/jelly, 1 banana, 1 cup skim or 1% milk</p> <p>LUNCH 2 cups romaine lettuce, 2 ounces grilled chicken, 1 ounce low fat cheese, $\frac{1}{2}$ cup tomatoes, $\frac{1}{4}$ cup cucumbers, $\frac{1}{2}$ cup mandarin oranges, 2 tbsp lite salad dressing</p> <p>DINNER 1 cup skim or 1% milk, peanut butter and jelly sandwich on whole wheat, $\frac{1}{2}$ cup sliced pears</p> <p>SNACK 1 ounce or 9 mini pretzels, $\frac{1}{4}$ cup raisins</p>
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DASH Sample Menus for 1800 Calories

This means 6 ounces of grains, 2.5 cups of vegetables, 1.5 cups of fruit, 5 ounces of lean meat/beans and 3 cups of dairy products daily.

<p>BREAKFAST $\frac{1}{2}$ cup apple juice, 1 hard boiled egg or $\frac{1}{4}$ cup egg beaters, 1 slice whole wheat toast, 1 tsp margarine, 1 tsp jelly/jam, 1 cup low sugar cereal, 1 cup skim or 1% milk</p> <p>LUNCH 2 slices whole wheat bread, 2 ounces lean turkey, 1 slice/ounce low fat cheese, 1 tsp mustard, $\frac{1}{2}$ cup peaches in light syrup, 1 cup carrots and celery sticks</p> <p>DINNER 3 ounces baked fish, 1 cup steamed rice, 1 cup asparagus, 1 whole wheat roll</p> <p>SNACK 1 cup low fat yogurt, $\frac{1}{2}$ cup blueberries</p>	<p>BREAKFAST 1 small banana, 2 whole grain waffles, 2 tbsp low sugar syrup, 4 ounces low fat yogurt</p> <p>LUNCH $\frac{1}{2}$ small baked potato, $\frac{1}{2}$ cup bean and lean beef chili, 1 tbsp low fat sour cream, $\frac{1}{2}$ cup steamed spinach, $\frac{1}{2}$ cup grapes, 1 cup skim or 1% milk</p> <p>DINNER 3 ounces grilled lean steak, 1 cup romaine lettuce, $\frac{1}{2}$ cup sliced red peppers, 1 ounce low fat shredded low fat cheese, 2 tbsp lite salad dressing, $\frac{1}{2}$ cup cucumber slices, $\frac{1}{2}$ cup rice</p> <p>SNACK $\frac{1}{2}$ cup low fat pudding, 4-6 graham cracker squares</p>	<p>BREAKFAST 1 cup low fat granola, 1 small orange, 1 cup low fat yogurt, 1 scrambled egg white</p> <p>LUNCH Grilled lean ham and low fat cheese on wheat bread, 1 cup low sodium tomato soup, $\frac{1}{2}$ cup applesauce</p> <p>DINNER 2/3 cup whole wheat pasta, 3 ounces grilled chicken, 1 cup mixed green, yellow and red pepper steamed, $\frac{1}{2}$ cup steamed broccoli, 1 cup skim or 1% milk</p> <p>SNACK 4 ounces low fat yogurt, $\frac{1}{2}$ cup raspberries</p>
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