

Lowering Calories

The DASH Eating Plan

Number of servings for 1600 Calories per day

Food Group	Daily Servings
Grains and Grain Products	6
Vegetables	3-4
Fruits	4
Lowfat or Fat Free Dairy Products	2-3
Meats, Poultry, and Fish	1-2
Nuts, Seeds, and Dry Beans	3 per week
Fats and Oils	2
Sweets	0

Tips for lowering calories:

- Use lowfat or fat free condiments.
- Use half as much vegetable oil, soft or liquid margarine, salad dressing, or choose fat free versions.
- Eat smaller portions—cut back gradually.
- Choose lowfat or fat free dairy products to reduce total fat intake.
- Check the food labels to compare fat content in packaged foods; items marked lowfat or fat free are not always lower in calories than their 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.
- 1/4 cup of dried apricots instead of a 2-oz bag of pork rinds saves you 230 calories.
- 3 oz. hamburger versus 6 oz. hamburger plus 1/2 cup serving of carrots and 1/2 cup serving of spinach saves you more than 200 calories.
- Stir-fry with 2 oz. of chicken and 1 1/2 cups of raw vegetables and a small amount of vegetable oil instead of 5 oz. of chicken will save you 50 calories.
- 1/2 cup of lowfat frozen yogurt instead of a 1 1/2 oz. milk chocolate bar saves you 110 calories.