

A Day's Worth of Food

Here's how many servings to aim for—and what a typical serving consists of—if you eat roughly 2,000 calories a day on a DASH or OmniHeart-style diet.

Food	Number of Daily Servings	Tips
VEGETABLES & FRUIT 11 servings per day 1 serving ½ cup cooked vegetables ½ cup raw vegetables 1 cup salad greens 1 piece of fruit ½ cup fresh fruit ¼ cup dried fruit		A main dish (4-cup) salad for lunch is 4 servings. Two cups of stir-fried veggies for dinner is another 4 servings. Add 3 pieces of fruit at breakfast and as snacks, and you've got 11 servings.
WHOLE GRAINS 4 servings per day 1 serving 1 slice bread ½ cup cereal, cooked pasta, or cooked rice		Half a cup of cereal with breakfast plus 2 slices of bread with lunch and ½ cup of rice or pasta with dinner adds up to 4 servings. Choose whole grains whenever possible.
LOW-FAT DAIRY 2 servings per day 1 serving 1 cup milk or yogurt 1½ oz. cheese		If you have ½ cup of milk with cereal for breakfast and 6 oz. of plain yogurt for lunch or a snack, that leaves 1 oz. of cheese for salad or vegetables.
BEANS, NUTS, & SEEDS 2 servings per day 1 serving ¼ cup nuts or seeds 4 oz. tofu or 2 oz. tempeh ½ cup cooked beans or lentils		You can have ½ cup of beans on a salad or with dinner and ¼ cup of nuts or seeds on cereal, salad, grains, or as a snack. That comes to 2 servings.
FISH & POULTRY 1 serving per day 1 serving ¼ lb. cooked		Start with 6 oz. of raw poultry or fish to get 4 oz. (¼ lb.) cooked. That's about the size of a deck of cards. (It's okay to eat more than 4 oz. of fish.) Vegetarians can substitute veggie meats, tofu, or beans.
FATS & OILS 2 servings per day 1 serving 1 Tbs. oil 1 Tbs. margarine or mayo		Use 1 Tbs. to sauté vegetables and 1 Tbs. in your salad dressing (2 Tbs. of dressing usually contain 1 Tbs. of oil).
DESSERTS & SWEETS 2 servings per day <i>(optional)</i> 1 serving 1 small cookie 1 tsp. sugar or honey		"Sugar" includes honey, agave, and high-fructose corn syrup, to name just a few. Count each Oreo-sized cookie as about 1 tsp. of sugar (1 serving). A teaspoon is about 4 grams of sugar. Many breakfast cereals have 1 to 2 tsp. of sugar. Note: A 5 oz. or 6 oz. "fruit" yogurt typically has 3 or 4 tsp. of sugar added.
WILD CARD 1 serving per day		You can add about 120 calories' worth of these or any other category above.

Daily goals for people who eat roughly 2,000 calories a day: saturated fat 14 g | protein 105 g | fiber at least 30 g | potassium 4,700 mg | magnesium 500 mg | calcium 1,200 mg | sodium no more than 2,300 mg.