

# DASH Diet Worksheet

Use this worksheet to record what you eat and tally the servings you eat from each food group.

Date _____ Physical Activity Minutes _____	Amount (Serving Size)	Sodium (mg)	Whole Grains	Veggies	Fruits	Dairy Products	Fish, Poultry & Meats	Nuts, Seeds & Dry Beans	Fats & Oils	Sweets
Breakfast _____ _____ _____ _____										
Mid-Morning Snack _____ _____										
Lunch _____ _____ _____ _____ _____										
Afternoon Snack _____ _____										
Dinner _____ _____ _____ _____ _____										
Day's Total										