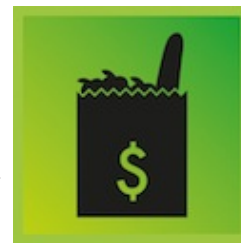


# DASH Diet Shopping List



## Fresh Vegetables:

- \_\_\_\_\_ lettuce, dark green
- \_\_\_\_\_ spinach
- \_\_\_\_\_ tomatoes
- \_\_\_\_\_ cucumbers
- \_\_\_\_\_ bell peppers
- \_\_\_\_\_ mushrooms
- \_\_\_\_\_ avocado
- \_\_\_\_\_ carrots
- \_\_\_\_\_ celery
- \_\_\_\_\_ broccoli
- \_\_\_\_\_ zucchini
- \_\_\_\_\_ squash
- \_\_\_\_\_ eggplant
- \_\_\_\_\_ kale, collards, etc.
- \_\_\_\_\_ cauliflower
- \_\_\_\_\_ cabbage
- \_\_\_\_\_ corn
- \_\_\_\_\_ herbs \_\_\_\_\_
- \_\_\_\_\_ onions
- \_\_\_\_\_ garlic
- \_\_\_\_\_ potatoes
- \_\_\_\_\_ tofu
- \_\_\_\_\_ other \_\_\_\_\_
- \_\_\_\_\_ other \_\_\_\_\_

## Fresh Fruits:

- \_\_\_\_\_ strawberries
- \_\_\_\_\_ raspberries
- \_\_\_\_\_ blueberries
- \_\_\_\_\_ bananas
- \_\_\_\_\_ apples
- \_\_\_\_\_ pears
- \_\_\_\_\_ peaches
- \_\_\_\_\_ plums
- \_\_\_\_\_ watermelon
- \_\_\_\_\_ cantaloupe
- \_\_\_\_\_ honeydew
- \_\_\_\_\_ pineapple
- \_\_\_\_\_ oranges
- \_\_\_\_\_ grapefruit
- \_\_\_\_\_ lemons/limes
- \_\_\_\_\_ grapes
- \_\_\_\_\_ kiwi
- \_\_\_\_\_ other: \_\_\_\_\_

## Packaged snacks:

- \_\_\_\_\_ no-salt chips
- \_\_\_\_\_ low-sodium crackers
- \_\_\_\_\_ nuts (roasted, no added salt)
- \_\_\_\_\_ dried fruits

## Cereal, whole grain:

- more than 3 g fiber
- less than 10 g sugar
- 5% or less daily value for sodium
- \_\_\_\_\_ shredded wheat
- \_\_\_\_\_ oatmeal (not instant)
- \_\_\_\_\_ other

## Canned: No-added salt varieties:

- \_\_\_\_\_ tomatoes
- \_\_\_\_\_ tomato paste
- \_\_\_\_\_ tomato sauce
- \_\_\_\_\_ pasta sauce
- \_\_\_\_\_ beans
- \_\_\_\_\_ low-fat soup or broth
- \_\_\_\_\_ canned fruit in juice
- \_\_\_\_\_ unsweet apple sauce
- \_\_\_\_\_ vegetables
- \_\_\_\_\_ tuna packed in water
- \_\_\_\_\_ canned salmon

## Dried:

(avoid boxed mixes because they have a lot of salt - instead, buy plain and season with fresh or dried herbs)

- \_\_\_\_\_ beans
- \_\_\_\_\_ lentils
- \_\_\_\_\_ brown rice
- \_\_\_\_\_ macaroni
- \_\_\_\_\_ lasagna
- \_\_\_\_\_ fettucini/linguini
- \_\_\_\_\_ spaghetti
- \_\_\_\_\_ penne
- \_\_\_\_\_ barley
- \_\_\_\_\_ corn meal
- \_\_\_\_\_ raisins
- \_\_\_\_\_ walnuts
- \_\_\_\_\_ almonds
- \_\_\_\_\_ vanilla extract
- \_\_\_\_\_ cocoa powder
- \_\_\_\_\_ prune puree
- \_\_\_\_\_ peanut butter
- \_\_\_\_\_ herbs \_\_\_\_\_
- \_\_\_\_\_ spices \_\_\_\_\_

## Low-sodium bread:

- \_\_\_\_\_ 100% whole wheat
- \_\_\_\_\_ whole wheat pitas
- \_\_\_\_\_ corn tortilla

## Condiments: No-added salt:

- \_\_\_\_\_ ketchup

\_\_\_\_\_ reduced-sodium soy sauce\*

- \_\_\_\_\_ balsamic vinegar
- \_\_\_\_\_ olive oil or vegetable oil
- \_\_\_\_\_ vinegar
- \_\_\_\_\_ Worcestershire sauce
- \_\_\_\_\_ reduced-calorie syrup
- \_\_\_\_\_ low-fat salad dressing or mayonnaise\*
- \_\_\_\_\_ low-sugar jam
- \_\_\_\_\_ light chocolate syrup

\*not low in sodium, use sparingly

## Dairy:

- \_\_\_\_\_ fat-free, light yogurt
- \_\_\_\_\_ skim milk
- \_\_\_\_\_ fortified soy milk
- \_\_\_\_\_ orange juice w/ calcium
- \_\_\_\_\_ nonfat ricotta cheese
- \_\_\_\_\_ nonfat sour cream
- \_\_\_\_\_ Swiss cheese

## Frozen:

Plain fruits and vegetables are best. Fast-assembly meals that have the sauce packet separate are much better choices than prepared items so you control how much sauce you add.

- \_\_\_\_\_ vegetable medley
- \_\_\_\_\_ peas with carrots
- \_\_\_\_\_ plain corn
- \_\_\_\_\_ frozen fruits
- \_\_\_\_\_ rice & stir fry medley
- \_\_\_\_\_ spinach/kale
- \_\_\_\_\_ winter squash
- \_\_\_\_\_ brussels sprouts
- \_\_\_\_\_ black eyed peas
- \_\_\_\_\_ lima beans

## Poultry/Fish/Meat:

Beware of imitation seafood and poultry items that contain brine - read the label to find low-sodium items.

- \_\_\_\_\_ turkey breast
- \_\_\_\_\_ chicken breast
- \_\_\_\_\_ fish (non-breaded)
- \_\_\_\_\_ lean meat

For more information on the DASH diet, see [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)