

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