

The Dietary Approaches to Stop Hypertension (DASH) eating plan is known to help lower blood pressure and maintain a healthy weight. New evidence suggests following the DASH diet may also be linked to better kidney function and overall health after transplant¹.

The DASH diet is based on the following principles

High intake of nutrients found in:

- Fruits and vegetables
- Legumes and nuts
- Whole grains
- Low fat dairy

Low intake of :

- Sodium
- Red meat and processed meat
- Sugar-sweetened beverages

	Servings per day by age group		
	4-8 Years	9-11 Years	12-18 Years
Dairy Choose low fat milk, yogurt, cheese (low sodium)  <i>1 serving = 8 oz. milk or yogurt, or 1.5 ounces cheese</i>	2	3	4
Lean meat, poultry, fish, egg  Bake, grill, or broil. Avoid salty processed meats.	3-4 ounces	4-5 ounces	5-6 ounces
Bread, grains, rice, pasta  Choose whole grains <i>1 serving= 1 slice bread or ½ cup cooked rice or pasta</i>	4	5	6
Fruits  Avoid juices and fruit canned in syrup <i>1 serving = 1 medium size fruit (servings indicate suggested minimum)</i>	3	4	5
Vegetables  Choose fresh or frozen, avoid canned <i>1 serving= 1 cup raw or ½ cup cooked (servings indicate suggested minimum)</i>	3	4	5
Nuts, seeds, beans  Choose unsalted nuts and seeds <i>1 serving= ½ cup beans, 2 Tbsp* seeds, or 1/3 cup nuts</i>	2	3	4
Fats and Oils  Avoid saturated fats like butter, tropical oils	3 teaspoons	5 teaspoons	6 teaspoons
Sweets, added sugars  <i>Limit to 1 serving=1 Tbsp* jelly, honey, or syrup</i>	1	1	1

*Tbsp indicates a standard US measuring tablespoon (=15 ml)

¹ Oste, et al. Dietary Approach to Stop Hypertension (DASH) diet and risk of renal function decline and all-cause mortality in renal transplant recipients. Am J Transplant. 2018;18:2523-2533.

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