

DASH Diet

for a 2,100-calorie diet

27% of calories from fat
(567 calories or 63 grams)

6% of calories from saturated fat
(126 calories or 14 grams)

18% of calories from protein
(378 calories or 95 grams)

55% of calories from carbohydrate
(1,155 calories or 289 grams)

LESS THAN 150 mg of cholesterol

LESS THAN 200 mg of sodium

AT LEAST 30 grams of fiber



CHEF STEVE'S

low-hanging fruit

- Switch to diet soft drinks
- Switch to low-fat mayo
- Switch to light Ranch dressing
- Switch to fat-free Italian dressing
- Use Smart Balance instead of butter
- Order $\frac{1}{3}$ cheese on pizza
- Switch to baked chips or healthier snack options
- Switch to low-fat ice cream
- Exchange white for whole wheat everywhere you can
- Use 2% or skim milk instead of whole milk
- Take a multivitamin every day
- Start walking a little

