

# 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

