



DASH Diet for Kids & Teens



What is the DASH Diet?

DASH stands for ‘Dietary Approaches to Stop Hypertension.’ The DASH Diet is the only diet proven to lower blood pressure – as much as a medication would. It also lowers cholesterol and reduces the risk of several types of cancer, heart disease, stroke, kidney stones, and diabetes. It also decreases stress on kidneys that aren’t working 100%.

The DASH diet is rich in fruits, vegetables, & nuts, with low-fat dairy, lean meats, fish, and poultry, mostly whole grains, and good fats. You fill up on fruits & vegetables, paired up with protein-rich foods to quench your hunger. This makes a plan that is easy to follow.

How do you eat a DASH Diet?

Your doctor recommends a DASH Diet with _____ calories.

You can get the right amount of calories & the right DASH-combination of nutrients using the chart below. Each row shows the number of servings per day unless specified as weekly.

Food Group	Examples	Why It’s Important	Number of Servings
Grains	Whole wheat bread, rolls & pasta, English muffin, pita bread, bagel, cereals, grits, oatmeal, brown rice, unsalted pretzels, popcorn	Major source of energy and fiber	
Vegetables	Broccoli, carrots, collards, green beans, peas, kale, lima beans, potatoes, spinach, squash, sweet potatoes, tomatoes	Rich sources of potassium, magnesium	
Fruits	Apples, apricots, bananas, dates, grapes, oranges, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, raisins, strawberries, tangerines	Important sources of potassium, magnesium, & fiber	
Dairy	Fat-free milk or buttermilk, low-fat cheese, low-fat regular or frozen yogurt	Major sources of calcium and protein	
Meat, Poultry & Fish	Meat with visible fat cut away; broil, roast, or poach; remove skin from poultry, egg whites with no more than 4 yolks per week	Rich sources of protein and magnesium	
Nuts, Seeds, & Beans	Almonds, mixed nuts, peanuts, walnuts, sunflower seeds, peanut butter, kidney beans, lentils, split peas	Rich sources of energy, magnesium, protein, and fiber	
Fats & Oils	Margarine, vegetable oil (such as canola, corn, olive, or safflower), low-fat mayonnaise, light salad dressing	Satisfies your hunger	
Sweets	Jello, fruit punch, hard candy, jelly, maple syrup, sorbet, Italian Ice	You deserve it!	



**Walter Reed
Bethesda**
Department of Pediatrics
Division of Pediatric Nephrology

DASH Diet for Kids & Teens



What is a serving size for the DASH Diet?

Here are some examples.

Food Group	Serving Sizes
Grains	1 slice bread / 1 oz dry cereal 1/2 cup cooked rice, pasta, or cereal
Vegetables	1 cup raw leafy vegetable / 1/2 cup cut-up raw or cooked vegetable / 1/2 cup vegetable juice
Fruits	1 medium fruit / 1/4 cup dried fruit / 1/2 cup fresh, frozen, or canned fruit / 1/2 cup fruit juice
Fat-free or Low-Fat Dairy	1 cup milk or yogurt / 1.5 oz cheese
Meat, Poultry & Fish	1 oz cooked meats, poultry, or fish / 2 egg whites
Nuts, Seeds, & Beans	1/3 cup or 1.5 oz nuts / 2 Tbsp peanut butter 2 Tbsp or 1/2 oz seeds / 1/2 cup cooked beans or peas
Fats & Oils	1 tsp soft margarine / 1 tsp vegetable oil 1 Tbsp mayonnaise / 1 Tbsp regular salad dressing 2 Tbsp low-fat dressing / Fat free dressing counts as zero
Sweets	1 Tbsp sugar / 1 Tbsp jelly or jam 1/2 cup sorbet, gelatin / 1 cup lemonade

How can I find out more about the DASH Diet?

There is a lot of information on the internet. We recommend that you google 'DASH Diet and NIH' to find the best information, more serving size examples, and DASH recipes. We can also refer you to our nutritionist for help.

If you have other questions, be sure to ask your doctor. The Walter Reed Pediatric Nephrology service can be contacted 24/7 by email (renal@nccpeds.com), using RelayHealth, or by pager /cell 61KIDNEY62 (615-436-3962).