

**A SAMPLE DASH MENU FOR 2,000 CALORIE /
1,500-2,400 MG SODIUM EATING PLAN:**

2,400 mg Sodium Menu	*Substitutions for a 1,500 mg Sodium Menu
<p>BREAKFAST:</p> <p>3/4 c bran cereal 1 mini whole-wheat bagel 1 medium banana 1 c fat free milk 2 tsp jelly</p>	<p>*1 c shredded wheat cereal (instead of the bran cereal)</p>
<p>LUNCH:</p> <p>chicken breast sandwich made with:</p> <ul style="list-style-type: none"> 2 slices (3 oz) skinless chicken breast 2 slices whole wheat bread 1 slice (3/4 oz) reduced fat cheese 1 large leaf romaine lettuce 2 slices tomato 1 Tbsp low fat mayonnaise <p>1 medium pear 1 c apple juice</p>	<p>*1 slice (3/4 oz) low sodium, reduced fat cheese (instead of the reduced fat cheese)</p>
<p>DINNER:</p> <p>1/2 c spaghetti sauce (no meat) 1 c spaghetti 3 tbsp parmesan cheese, grated</p> <p>spinach salad made with:</p> <ul style="list-style-type: none"> 1 c fresh spinach leaves 1/4 c fresh grated carrots 1/4 c fresh sliced mushrooms 2 Tbsp vinaigrette dressing (no salt added) <p>1/2 c corn, cooked from frozen (no salt added) 1/2 c fresh berries with 1 c fat free plain yogurt</p>	<p>*3/4 c low sodium spaghetti sauce (instead of the no-meat added sauce)</p>
<p>SNACK:</p> <p>1 c air popped popcorn (no salt, no butter added) 1/4 c almonds 1/4 c dried apricots</p>	
<p>TOTAL SERVINGS: 6 Grain, 5 Vegetable, 5 Fruit, 3 Dairy, 1 Poultry, 1 Nut</p>	