

# Dip into D.A.S.H.

## Quick tips to get started

- Pile on the potassium-rich fruits and veggies
- Pick a protein: poultry, fish, lean meats
- Go for the grains—especially whole ones
- Add a sprinkle of nuts
- Flavor up with herbs and spices
- Lighten up on salt, fat, and sweets

## Ideas to inspire you

- **Corn tortilla quesadilla**  
with low-fat cheddar, tomato salsa, avocado slices, orange wedges
- **Nonfat yogurt parfait**  
made with peaches/strawberries, low-sugar granola, chopped walnuts
- **Whole wheat southwest wrap**  
made with roasted turkey, black beans, brown rice, shredded low-fat cheddar, fruit salsa
- **Asian-inspired bowl**  
made with brown rice, chicken, green beans, edamame, mandarin oranges, ginger, rice vinegar, vegetable oil, sliced almonds
- **Roast rosemary chicken breast**  
with corn on the cob, broccoli with almonds
- **Turkey meatloaf**  
with green beans with walnuts, oven-fried paprika potatoes
- **Whole wheat spaghetti & meatballs**  
made with ground round, mushrooms, low-sodium marinara sauce
- **Three-bean chile**  
sprinkled with red onions, reduced fat shredded jack, tomatoes

## 5 HUNGER SAVERS

About 100-125 calories each

- 1 1/2 medium banana + 2 tsp peanut butter
- 2 1/2 orange + 1 oz part-skim mozzarella stick
- 3 1 oz roasted low sodium turkey breast + 5 whole wheat crackers
- 4 2 cups popcorn
- 5 2 Tbsp raisins + 6 whole almonds

## Potassium-Rich Fruits & Veggies

Avocado, banana, beans, edamame, greens, orange, potato, raisins, spinach, sweet potato, tomato