

DASH Shopping List

VEGETABLES

FRUITS

DAIRY

**CONDIMENTS, SAUCES
AND SPREADS**

BEVERAGES

PACKAGED SNACKS

HERBS AND SPICES

FROZEN FOODS

GRAINS

**MEAT, POULTRY,
SEAFOOD, SOY**

NUTS AND SEEDS

OTHER

CANNED FOODS



TheNutritionEducationPeople

www.stldairycouncil.org