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The Everyday DASH Diet Cookbook

The Everyday DASH Diet Cookbook isn't just another low salt cookbook that claims to follow the DASH diet guidelines, it is the real deal. A cookbook that makes it so easy to stay on track with DASH, with so many fabulous meals.

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CHAPTER 1. Cooking the DASH Way. The Everyday DASH Diet Cookbook will become your go-to book for healthful, delicious food. The DASH diet is rich in plant-based foods, including fruits, vegetables, beans, nuts, seeds, whole grains, and heart-healthy vegetable fats.

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Cookbook review The Everyday DASH Diet Cookbook

Sep 11, 2013 at 2:45 p.m. ET. The Everyday DASH Diet Cookbook: Over 150 Fresh and Delicious Recipes to Speed Weight Loss, Lower Blood Pressure and Prevent Diabetes, by Marla Heller, MS, RD, with Rick Rodgers, is a delightful cookbook that shows healthy eating can be easy and delicious, particularly if you're following the DASH diet.

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Download Free DASH Diet Cookbook With Weekly Meal Plan

Grains: 1/2 cup of cooked whole-grains, 1 slice of whole-wheat bread, or 1 ounce of dry cereal. Fruits and

Veggies: 1/2 cup of chopped fruits or veggies, 1 medium fruit, 1 cup of leafy greens, 3/4 of a cup of 100% fruit juice, or 1/4 cup dried fruit. Dairy: 1 cup of low-fat milk or nonfat Greek yogurt.

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