

DASH DIET BOOKS



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The DASH Diet Weight Loss Solution The Everyday DASH Diet Cookbook The DASH Diet Younger You The DASH Diet Action Plan. There are several books written by nonprofessionals, that are inaccurate and don't even understand the principles of the diet plan. Marla Heller, MS, RD, is the DASH expert dietitian.

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The DASH Diet Action Plan Proven to Lower Blood Pressure

No diet has a medical pedigree like DASH, and this book is a simple, actionable plan that can fit seamlessly into everyone's life and lifestyle. It includes: 28 days of meal plans at different calorie ranges

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The DASH Diet Action Plan Book

The DASH Diet Action Plan is the definitive book to introduce you to DASH. Rich in fruits, vegetables, whole grains, low-fat and nonfat dairy, lean meats, fish, beans, and nuts, the DASH diet is grounded in healthy eating principles that lower blood pressure; reduce the risk of heart disease, stroke, and some types of cancer; and support reaching and maintaining a healthy weight.

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lowering your blood pressure. Since the diet focuses on eating the right foods with the right portions, it's also effective for short- and long-term weight loss. Find out more about the DASH Diet and if it's right for you. Dietician Marla Heller's version of the DASH Diet, from her book The DASH Diet Weight Loss Solution, is divided into two

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DASH diet Healthy eating to lower your blood pressure

DASH diet: What to eat. Both versions of the DASH diet include lots of whole grains, fruits, vegetables and low-fat dairy products. The DASH diet also includes some fish, poultry and legumes, and encourages a small amount of nuts and seeds a few times a week. You can eat red meat, sweets and fats in small amounts.

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Easy DASH Diet Recipes WebMD Better information

DASH Diet: Meal Ideas. The DASH (Dietary Approach to Stop Hypertension) diet helps you control your blood pressure. It's simpler, and tastier, than you may think. The key to eating well isn't banning bad foods, but embracing the good-for-you options, says Melissa Rifkin, RD, a bariatric dietitian at Montefiore Medical Center in New York.

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Your Guide to Lowering Your Blood Pressure with DASH

The DASH eating plan also emphasizes potassium from food, especially fruits and vegetables, to help keep blood pressure levels healthy. A potassium-rich diet may help to reduce elevated or high blood pressure, but be sure to get your potassium from food sources, not from supplements.

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