

THE DASH Diet:

DOES IT WORK?

The DASH diet is an eating plan meant to help Americans reduce their blood pressure and LDL cholesterol. Goal: to prevent conditions like hypertension and hypercholesterolemia¹.

According to the Dietary Guidelines for Americans, the DASH diet meets:

- the necessary amount of daily sodium
- sufficient intake of protein
- sufficient intake of carbohydrates

THE CLAIMS:

LOWERS BLOOD PRESSURE:



True! Low sodium intake lowers blood pressure, LDL cholesterol, and risk of heart disease³.

LOWERS RISK OF CANCER:



True! Nutrients in fruits and vegetables, like fiber, lower the risk of various cancers by preventing DNA damage⁴.

CAUSES WEIGHT LOSS:



True! Fiber increases satiety and decreases the risk of high body weight, obesity, and metabolic syndrome⁵.

THE RULES²:

LOW IN SODIUM
(MAX. OF 1,500 MG/DAY)



LOW IN SATURATED
AND TRANS FATS

HIGH IN FIBER, LEAN
PROTEIN, POTASSIUM,
CALCIUM, AND
MAGNESIUM.



THE OUTCOME:

Yes, it does work! Not only is the DASH diet incredibly effective at reducing blood pressure and LDL cholesterol, it can also improve overall health in a variety of ways! The benefits that come with this meal plan make the DASH diet a good pick for any dieter.