#### THE

## SH Diet: WORK?

# **DOES IT**

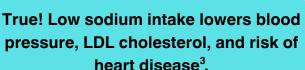
The DASH diet is an eating plan meant to help Americans reduce their blood pressure and LDL cholesterol. Goal: to prevent conditions like hypertension and hypercholesterolemia<sup>1</sup>.

**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:**



#### **LOWERS RISK** OF CANCER:

True! Nutrients in fruits and vegetables, like fiber, lower the risk of various cancers by preventing DNA damage<sup>4</sup>.

#### **CAUSES WEIGHT LOSS:**

True! Fiber increases satiety and decreases the risk of high body weight, obesity, and metabolic syndrome<sup>5</sup>.

#### THE RULES<sup>2</sup>:

**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.