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The DASH diet and heart health This latest study adds to established research linking the DASH diet with heart health. For example, the original DASH trial, published in the New England Journal of Medicine in 1997, found that the DASH diet reduced blood pressure in adults with borderline high blood pressure (hypertension).

DASH Diet Salad Recipes

The DASH Diet enjoys much popularity and a reputation as being not only a legitimate weight-loss plan, but also one that improves overall health, lowers blood pressure and cholesterol, and helps lower the risk of cancer, diabetes, stroke, heart disease and more. The plan calls for a diet of fresh fruits and veggies, low- or non-fat dairy, and foods that are fiber-rich, low-sodium, low-cholesterol and low-fat.

DASH diet recipes

The DASH diet has been proved to reduce blood pressure, which can help you live a longer and healthier life. Try these delicious recipes.

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Don't Miss: Healthy DASH Diet Recipes. The focus of the DASH Diet is more about what you can eat, rather than cutting foods out, like many trendy diets do these days, such as Whole30 and the ketogenic diet, which call to eliminate certain food groups altogether.

DASH Diet Recipes

DASH Diet Recipe Tips. Look for color when making DASH-friendly meals. The more color on your plate, the healthier the meal. On this page we have several examples of colorful meals, and associated recipes.

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