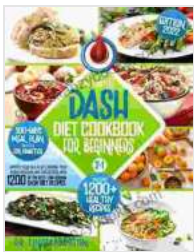


Dash Diet Cookbook for Beginners: Your Guide to Healthy Eating and Lower Blood Pressure

If you're looking to improve your heart health, the DASH diet is a great place to start. The DASH diet (Dietary Approaches to Stop Hypertension) is a scientifically proven eating plan that can help lower blood pressure, reduce cholesterol, and improve overall cardiovascular health.

The DASH diet is rich in fruits, vegetables, whole grains, and lean protein. It is also low in sodium, saturated fat, and cholesterol. This combination of nutrients helps to keep blood pressure under control and promote heart health.



Dash Diet Cookbook for Beginners: 2 in 1: Improve Your Health by Lowering Your Blood Pressure and Cholesterol with 1200+ of the Best, Low-Sodium Recipes | 100-Day Meal Plan Included for Diabetics

by Lindsay Burton

★★★★☆ 4.6 out of 5

Language : English

File size : 39399 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 1177 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK



What to Eat on the DASH Diet

The DASH diet is divided into three main food groups:

1. Fruits and vegetables

- Aim for at least 4-5 servings per day.
- Choose a variety of fruits and vegetables from all different colors.

2. Whole grains

- Aim for at least 6-8 servings per day.
- Choose whole-wheat bread, brown rice, quinoa, and oatmeal.

3. Lean protein

- Aim for 2-3 servings per day.
- Choose lean meats, poultry, fish, beans, and tofu.

What to Avoid on the DASH Diet

The DASH diet is also low in certain nutrients, including:

1. Sodium

- Limit sodium intake to 2,300 mg per day.
- Avoid processed foods, canned foods, and restaurant meals.

2. Saturated fat

- Limit saturated fat intake to less than 6% of daily calories.
- Avoid fatty meats, processed meats, and high-fat dairy products.

3. Cholesterol

- Limit cholesterol intake to less than 300 mg per day.
- Avoid organ meats, egg yolks, and high-cholesterol shellfish.

DASH Diet Meal Plan

Here is a sample DASH diet meal plan for one day:

Breakfast

- 1 cup oatmeal with 1/2 cup berries and 1/4 cup nuts
- 1 slice whole-wheat toast with 1 tablespoon peanut butter
- 1 cup skim milk

Lunch

- 1 cup lentil soup
- 1 cup salad with 3 ounces grilled chicken
- 1 apple

Dinner

- 4 ounces salmon with 1 cup roasted vegetables and 1/2 cup brown rice
- 1 cup mixed greens salad
- 1/2 cup fruit salad

Snacks

- 1/2 cup nonfat yogurt
- 1 cup fresh fruit
- 1/2 cup trail mix

Benefits of the DASH Diet

The DASH diet has been shown to provide a number of health benefits, including:

- Lower blood pressure
- Reduced cholesterol
- Improved heart health
- Reduced risk of stroke
- Reduced risk of kidney disease
- Reduced risk of type 2 diabetes

The DASH diet is a healthy eating plan that can help improve your heart health and overall well-being. It is easy to follow and provides a number of

health benefits. If you're looking for a way to improve your health, the DASH diet is a great place to start.



Dash Diet Cookbook for Beginners: 2 in 1: Improve Your Health by Lowering Your Blood Pressure and Cholesterol with 1200+ of the Best, Low-Sodium Recipes | 100-Day Meal Plan Included for Diabetics

by Lindsay Burton

★★★★☆ 4.6 out of 5

Language : English
File size : 39399 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 1177 pages
Lending : Enabled



Unlock Stunning Visuals: Shading, Lighting, and Rendering with Blender Eevee

Master the Art of Visual Storytelling with Blender Eevee Welcome to the ultimate guide to unlocking the full potential of Blender Eevee, the...



Taste the Authentic Flavors of Italy: Lucinda Rustic Italian Kitchen by Lucinda Scala Quinn

A Culinary Journey to the Heart of Italy Prepare to embark on an unforgettable culinary adventure as you delve into the pages of...