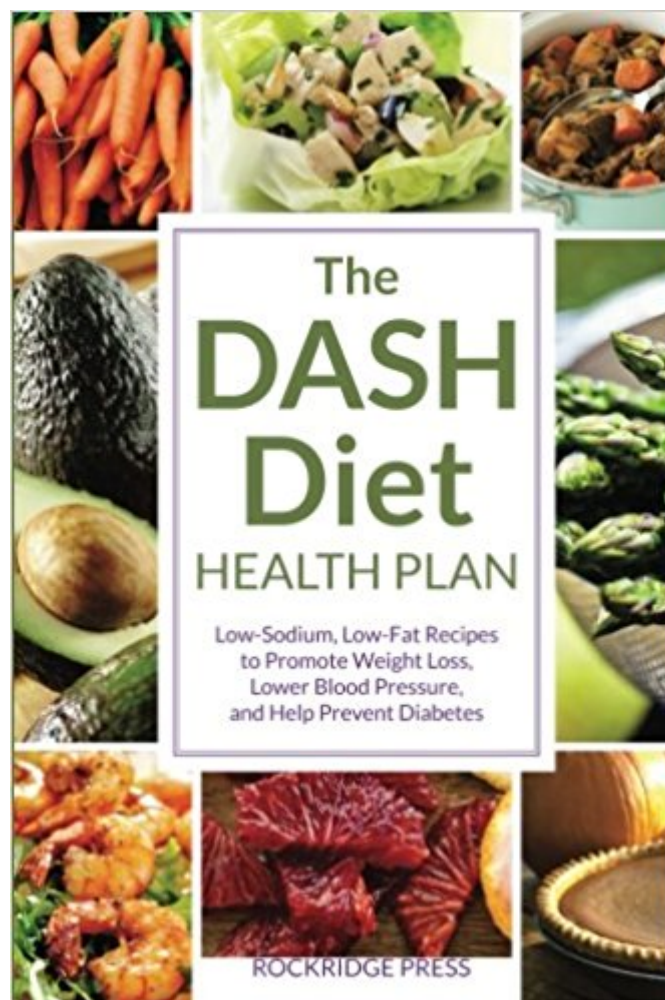




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# **Dash Diet Health Plan: Low-Sodium, Low-Fat Recipes To Promote Weight Loss, Lower Blood Pressure, And Help Prevent Diabetes**



## Synopsis

#1 BESTSELLER The DASH diet has been named by *U.S. News & World Report* year after year as its #1 choice in Best Diets Overall, Best Diets for Healthy Eating, and Best Diabetes Diets. Based on research by the National Institutes of Health, and endorsed by top-tier medical institutions like the Mayo Clinic and the American Heart Association, the DASH diet is a scientifically proven method to lose weight, lower blood pressure, lower cholesterol levels, and reduce your risk of diabetes. In *The DASH Diet Health Plan*, best-selling health and nutrition author John Chatham compiles the findings of the medical and scientific community, alongside dozens of DASH diet recipes, to make it easy to put the DASH diet into action. With *The DASH Diet Health Plan* you will get: 99 DASH diet recipes for every meal, including hearty breakfasts and satisfying dinners; a guide to 147 Dash diet foods, ranging from meats and seafood to sweets; Tips for navigating the grocery store and choosing the right DASH diet foods for you and your family; a 28-day DASH to Fitness workout plan, which provides step-by-step exercise routines to accelerate your weight loss and jump-start your health regimen; a 14-day Menu Planner to help you easily get started on the DASH diet.

## Book Information

Paperback: 209 pages

Publisher: Rockridge Press; Gld edition (September 1, 2012)

Language: English

ISBN-10: 1623150248

ISBN-13: 978-1623150242

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 154 customer reviews

Best Sellers Rank: #45,292 in Books (See Top 100 in Books) #5 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #655 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

High blood pressure is one of the leading causes of stroke and heart disease. With this diet, a person can eat good sounding foods like rosemary chicken, and chocolate cake and still eat healthy! You can actually eat these and other types of foods just by following the recipes in this book! Yay for us food lovers! The dash diet has pretty much all you will need to meet your health

goals like meal plans, and all too important to health, fitness programs. Exercise is an all too important part of controlling weight and staying healthy. Walking is an excellent exercise almost anyone can do. But don't worry, if you still aren't ready to exercise for health just yet, you can customize your health plan on here to fit your own personal needs, so you can do this diet pretty much at your own pace. DASH I've read actually stands for Dietary Approaches to Stop Hypertension. The DASH diet was actually designed by top medical research institutions to help combat illnesses in today's society. So you can feel confident that this diet is safe and would be recommended by just about any physician. Give DASH a try and see how you like it. There's a discount going on for it right now, so take advantage of this great recipe book for a great deal. You won't regret it.

If you look at the list of diets that John Chatham has chosen to cover, it's clear that he only writes about nutritionally sound plans, primarily focused on solving health issues... weight loss itself is usually a secondary concern. The National Institutes of Health's DASH Diet (which stands for Dietary Approaches to Stop Hypertension) is aimed at folks suffering with high blood pressure - an issue impacting more Americans than ever - and Chatham's summation is easy to read. The science is sound and the exercise plans are both reasonable and straightforward. In the end, you'll come away with a better understanding of your body mass, basal metabolic rate, daily calorie intake, and the correlation between them. That's not to say that making changes is easy - the DASH diet requires effort and stick-to-itiveness. But with five chapters worth of recipes, there's plenty of tasty food to be made (homemade granola, turkey sausage, avocado halibut and on...). In the end it's about adjusting your taste buds to natural, less seasoned and unprocessed foods - back to basics. And while cooking may seem like a chore, let's face it: you'll never solve your health problems by continuing to eat out... which, quite often, is how they got started.

The Dash Diet Health Plan is an easily broken down way to change your lifestyle. The Dash plan helps you to take precautionary measures to control and/or prevent high cholesterol, heart disease and diabetes. Giving you the facts of what primarily causes these life threatening diseases and how you can make small changes that will have large benefits. To develop The Dash Diet the National Heart, Lung and Blood Institute (NHLBI), with the help of five other highly respected medical research institutions ran a series of case studies over an estimated ten-year period. The Dash Diet has been rated as one of the best diet/lifestyle plans for people dealing with type 2 diabetes. Also easy to follow meal plans, menus and varied recipes make it easy to put together a meal plan that

can work for anyone and everyone. The Dash plan also gives you a breakdown of two different workout plans and how this can be varied depending on your level of activity and your fitness level. This is a plan that can be adjusted to fit any person's schedule, showing you how to plan ahead with shopping and what you should be looking for when you are reading labels and packaging within the store. This is a plan that could benefit people of all fitness levels and health levels with the facts and research to back it up!

THE DASH DIET HEALTH PLAN is an easy to use guide to the specially designed diet endorsed by major medical organizations for the way it helps reduce blood pressure, cholesterol, body fat and the risk of diabetes. It is ideal for beginners who are using the plan for the first time. The book offers a helpful history and overview of the plan explaining the benefits as well as strategies for eating better. A 14 day meal planner provides suggestions for incorporating the plan into daily life. The heart of the book is a collection of recipes for breakfasts, lunches, dinners, snacks and even desserts that use the foods from the plan. These are basic, easy to make meals (most of which are used in the planner) that anyone can create. The book chooses appetizing and colorful recipes that actually sound good and make one forget that they are on a diet. You will want to make these meals even if NOT using the diet plan! The book also offers a fitness guide as a bonus. It is a fast read with valuable information (though it is easy to get confused when it starts delving into basal metabolic rate equations) and worthwhile for those looking to lose weight and eat healthier.

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