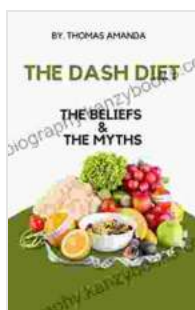


The Complete Guide to Getting Started with the Dietary Approaches to Stop Hypertension (DASH)

High blood pressure, or hypertension, is a major risk factor for heart disease, stroke, kidney disease, and other serious health problems. The good news is that there are many things you can do to lower your blood pressure, including eating a healthy diet.



THE DASH DIET : THE BELIEFS & THE MYTHS: A Complete Guide to Getting Started with Dietary Approach to Stop Hypertension 2024 by Anthony Taylor

★★★★☆ 4.6 out of 5

Language : English

File size : 2739 KB

Screen Reader : Supported

Print length : 66 pages

Lending : Enabled

Paperback : 107 pages

Item Weight : 7.7 ounces

Dimensions : 6 x 0.27 x 9 inches

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The Dietary Approaches to Stop Hypertension (DASH) is a scientifically proven eating plan that can help you lower your blood pressure. The DASH diet is rich in fruits, vegetables, and whole grains, and it is low in sodium, saturated fat, and cholesterol.

This comprehensive guide will teach you everything you need to know about the DASH diet, including:

- What to eat on the DASH diet
- What to avoid on the DASH diet
- How to make lasting changes to your lifestyle

What to Eat on the DASH Diet

The DASH diet is based on the following food groups:

- Fruits: Aim for at least 4-5 servings per day.
- Vegetables: Aim for at least 4-5 servings per day.
- Whole grains: Aim for at least 6-8 servings per day.
- Lean protein: Aim for 2-3 servings per day.
- Low-fat dairy products: Aim for 2-3 servings per day.
- Nuts and seeds: Aim for 1-2 servings per day.
- Healthy fats: Aim for 2-3 servings per day.

The DASH diet also includes limits on certain foods, such as:

- Sodium: Aim for less than 2,300 milligrams per day.
- Saturated fat: Aim for less than 6% of your total calories.
- Cholesterol: Aim for less than 300 milligrams per day.

What to Avoid on the DASH Diet

The DASH diet is not a restrictive diet, but there are some foods that you should avoid or limit. These foods include:

- Red meat
- Processed meat
- Full-fat dairy products
- Sugary drinks
- Salty snacks

How to Make Lasting Changes to Your Lifestyle

Changing your diet can be challenging, but it is possible to make lasting changes to your lifestyle. Here are a few tips:

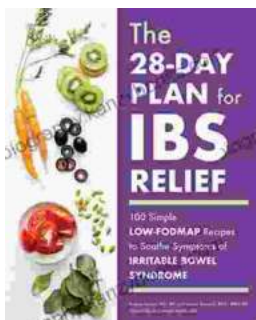
- Set realistic goals. Don't try to change too much too soon. Start by making small changes, such as adding one more serving of fruits or vegetables to your diet each day.
- Find a support system. Talk to your doctor, a registered dietitian, or a friend or family member about your goals. Having someone to support you can make a big difference.
- Be patient. It takes time to make lasting changes to your lifestyle. Don't get discouraged if you slip up every now and then. Just keep at it, and you will eventually reach your goals.

The DASH diet is a safe and effective way to lower your blood pressure and improve your overall health. If you are looking to make a healthy change to your lifestyle, the DASH diet is a great option.



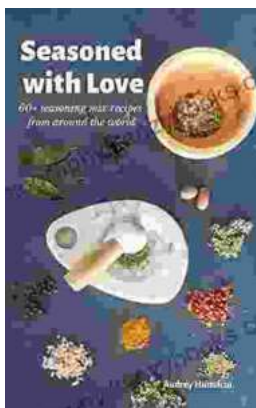
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