



The DASH Diet for Beginners: Essentials to Get Started

By John Chatham

Callisto Media Inc., United States, 2013. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book. Do you know why the DASH diet is voted the Best Diet year after year? It s simple: The DASH diet is an easy and sustainable tool for creating a healthful lifestyle. Based on research by the National Institutes of Health, and chosen by U.S. News World Report as its number-one choice in Best Diets Overall, Best Diets for Healthy Eating, and Best Diabetes Diets, the DASH diet rises above the noise of the gimmicky weight-loss plans. Created as a way for people with high blood pressure to enjoy the foods they love while working to reduce or correct their hypertension, the DASH diet uses healthful food choices, along with more nutritious ways to prepare favorite dishes, to allow people to eat a varied, delicious, and balanced diet. And although it wasn t created as a weight-loss diet, the DASH diet often does result in weight loss, which is a huge benefit to those who have diabetes or high blood pressure, or are at high risk of developing either disease. In The DASH Diet for Beginners, best-selling health and nutrition...



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