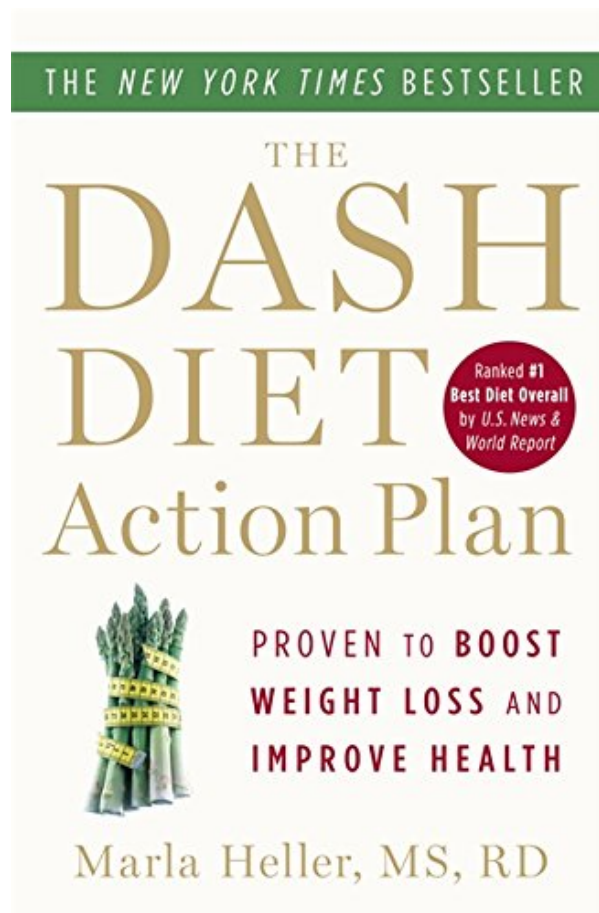


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THE NEW YORK TIMES BESTSELLER

THE
DASH
DIET
Action Plan

Ranked #1
Best Diet Overall
by U.S. News &
World Report



PROVEN TO BOOST
WEIGHT LOSS AND
IMPROVE HEALTH

Marla Heller, MS, RD

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The New York Times Bestseller--Based on the Diet Ranked "#1Best Diet Overall" by US NEWS & WORLD REPORT--for 4 Years in a Row!

Finally, the #1 ranked DASH diet is popularized and user-friendly. Unlike any diet before it, DASH, which stands for Dietary Approaches to Stop Hypertension, came out of groundbreaking NIH-funded research. Now, Marla Heller, MS, RD, who was trained by one of the primary architects of the DASH diet and is herself the leading dietician putting DASH into action for over ten years, shares the secret to making the diet easy and accessible, in THE DASH DIET ACTION PLAN.

Rich in fruits, vegetables, whole grains, low-fat and nonfat dairy, lean meats, fish, beans, and nuts, DASH is grounded in healthy eating principles that lower blood pressure; reduce the risk of heart disease, stroke, and some types of cancer; and support reaching and maintaining a healthy weight.

No diet has a medical pedigree like DASH, and this book is a simple, actionable plan that can fit seamlessly into everyone's life and lifestyle. It includes:

- 28 days of meal plans at different calorie ranges
- Simple tools to help you personalize a DASH Diet Action Plan for guaranteed success
- DASH-friendly recipes and shopping lists
- Tips for eating on-the-run
- Advice on healthy weight loss and exercise for every lifestyle.

Now, you can revolutionize your health and change your life-without medication.

- Sales Rank: #6269 in Books
- Brand: Heller, Marla
- Published on: 2014-12-30
- Released on: 2014-12-30
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .75" w x 6.00" l, .0 pounds
- Binding: Paperback
- 224 pages

Most helpful customer reviews

295 of 305 people found the following review helpful.

An excellent start to managing high blood pressure using foods

By DM

Well, I love this book. The author does an excellent job explaining why the DASH diet is helpful, and does an even better job providing 28 days of a fantastic, realistic meal plan. The book also contains a chart so you can determine if you need to lose a few pounds, and gives tips on how to do that. In addition, there's a blurb about the importance of exercise. However, the true gem of this book is the 28 day meal plan. For that alone, this book is well worth the full price. Highly recommended.

346 of 373 people found the following review helpful.

From a weight loss coach with high blood pressure: proven and extraordinary.

By Chandler

First I have to say I'm a big fan right now of the Flat Belly Diet but anytime science actually backs a new diet plan rather than just some celebrity or marketing dollars, I try it out as it's part of my job.

I began this diet 2 weeks ago and I have had high blood pressure since I was about 20. I went through all kinds of tests because doctors and specialists were convinced there was something massively wrong with me as I weighed 115 lbs, was a vegetarian, and had blood pressure so bad I was vomiting....they couldn't believe I had high blood pressure so they thought something was failing internally

Nope, no reason...just genetic. Since then, I've gotten it down with cardio but when I don't have time for cardio, like recently, it goes up again. I have been able to stop taking 2 of the strongest meds I've always taken but I was still having to take diuretics to get rid of the salt in my body to lower my blood pressure as it has NEVER been normal for decades.

Until now.

But I'll get to all that.

Because you'll ALSO lose weight with this. And that ALSO lowers it more...you'll have great energy and never be hungry as well.

So is it another fad? Actually the principles of this, similar to the Flat Belly Diet, are some of the most proven philosophies and largest studies of obesity that make it up in recent years. Yes, it's in medical materials rather than magazines.

However news magazines like it too.

It was just rated the #1 healthiest diet in US News and World Report.

Over ALL diets...Jenni Craig, Nutrisystem, anything.

This was the diet used by the USDA for its health guidelines called "MY PLATE" which updated the food pyramid.

This diet is endorsed by the American Heart Association.

Here are the components:

Type of food

First set of numbers: Number of servings for 1600 - 3100 Calorie diets

Second set of numbers: Servings on a 2000 Calorie diet

Grains and grain products

(include at least 3 whole grain foods each day)

6 - 12

7 - 8

Fruits

4 - 6

4 - 5

Vegetables

4 - 6

4 - 5

Low fat or non fat dairy foods

2 - 4

2 - 3

Lean meats, fish, poultry

1.5 - 2.5

2 or less

Nuts, seeds, and legumes

3 - 6 per week

4 - 5 per week

Fats and sweets

2 - 4

limited

Can this be adapted for vegans and vegetarians? Easily. With lean proteins replacing the lean meats.

Now here's why it works. These components give you the tools to keep you full but specifically have been found to reduce visceral fat faster. Yes, Even Dr. Oz has done two shows on it. Monounsaturated fats such as the nuts and seeds actually help you lose weight if part of your daily diet but within the desired 1600 calorie range.

Whole grains are a big part. Numerous studies have shown fiber and whole and unprocessed foods increases weight loss and helps blood pressure. In fact, some studies have shown that Americans actually haven't increased their caloric intake since the spike of obesity, they have simply increased their pres=ervatives and processed foods. These studies have resulted in even major diet systems making changes to encourage whole foods, such as Weight Watchers. By whole grains, this does not mean "wheat bread" it means "whole wheat bread" and no preservatives. Wheat is no different than white...the nutrients are stripped out, it's just not bleached. Big difference. Wheat is extraordinarily healthy.

Do increasing your fruits and veggies really help? It will lower your risk of all major health issues by extraordinary amounts. And high blood pressure, stroke, cancers are all part of that. Undisputed. Better yet, low glycemic veggies that are not starchy take as many calories to digest them as are in them so you stay full

but eat less calories and can do so with more energy and faster weight loss and faster results in getting your heart healthy.

In fact they say you WILL lower your blood pressure in 14 days.

Yes it works. I'd like to see monounsaturated fats play actually a larger part because the "good fats", for me and in so many studies, will be healthy in this calorie range even at more servings (but not exceeding the calorie range) but they know more than me and they are in there and this can give you YEARS longer and very healthy ones at that. It's back by study after study, it's not a fad, and it works.

Note: I had excellent lowered blood pressure and lowered weight but I do not have high cholesterol so I personally cannot give you MY results on that, however, my best friend who has it got off of her medication for cholesterol. However, it took her a month rather than 2 weeks to do so. But she also lost 16 lbs the first month and said she wasn't hungry. I did not have those kind of weight loss results but I'm pretty little to begin with.

79 of 82 people found the following review helpful.

Happy with food "plan" not a "diet"

By Banker62

The Dash Diet is not a "Diet" but more of a Food Plan. My husband is currently on Blood Pressure Medication. The medication would reduce his blood pressure but not down to within in the "normal range". Two week after being on DASH his blood pressure is in the low "normal range". The DASH is eating right not less. My husband actually eats more now then he use to and has lost 10 pounds. I have lost 5 pounds. We have not started an exercise program yet. We have been doing the Dash for a month now and are very pleased. The only thing I would have liked is a little more guidance as to food labels. She discusses the labels but doesn't really explain what is acceptable levels of fiber, sodium etc. The recipes in the book are also very good. Overall we are very happy with this plan.

See all 440 customer reviews...

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