

Download Dash Diet 25 Best Dash Diet Recipes For Lower Blood Pressure And Weight Loss

Fresh Fruit. While following the high blood pressure diet, you are recommended to eat more fresh fruit which will increase your consumption of fiber, antioxidants, and electrolytes like potassium and magnesium. Some of the best fruits for DASH diet include berries, citrus, kiwi, apples, and melon. **DASH Diet: 25 Best DASH Diet Recipes for Lower Blood Pressure and Weight Loss (Healthy Cookbook) (Volume 2) [Jasmine King]** on Amazon.com. *FREE* shipping on qualifying offers. **DASH Diet for Beginners** Do you want to lower blood pressure? Are you ready to drop pounds and build a body that is both healthy and strong? DASH Diet can help! **DASH Diet: Meal Ideas.** The DASH (Dietary Approach to Stop Hypertension) diet helps you control your blood pressure. It's simpler, and tastier, than you may think. The key to eating well isn't banning "bad" foods, but embracing the good-for-you options, says Melissa Rifkin, RD, a bariatric dietitian at Montefiore Medical Center in New York. **The DASH Diet is the best diet according to the US News and World Report .** DASH stands for Dietary Approaches to Stop Hypertension and is the result of research sponsored by the National Institutes of Health, USA, to create a diet that can lower blood pressure without medication.