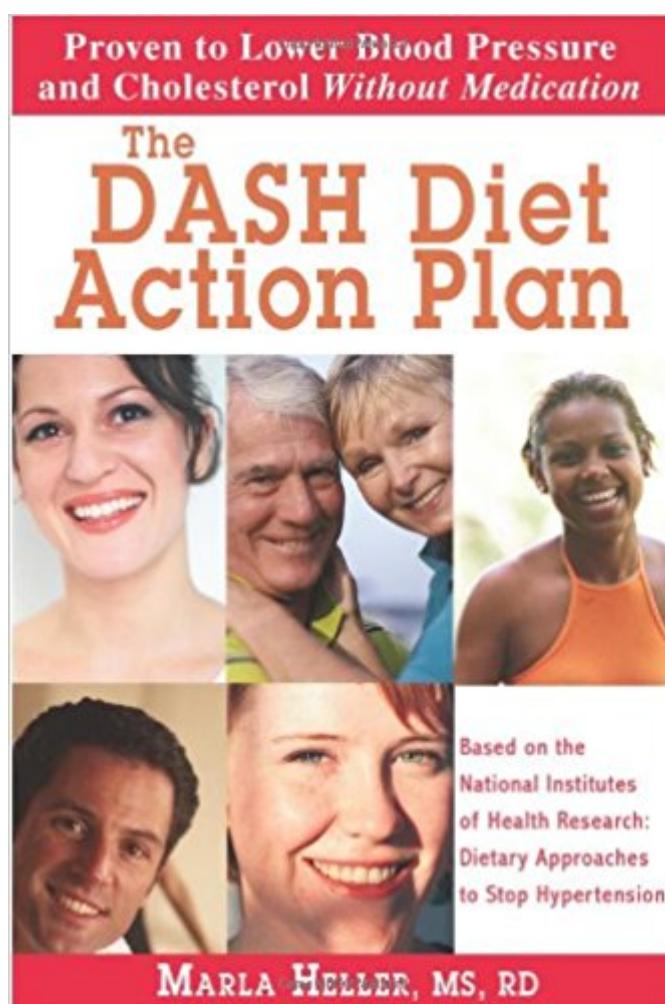


The book was found

The DASH Diet Action Plan: Based On The National Institutes Of Health Research: Dietary Approaches To Stop Hypertension



Synopsis

This is the user-friendly guide to the DASH diet. Proven to lower blood pressure and cholesterol without medication, it was developed in research sponsored by US National Institutes of Health, entitled, the Dietary Approaches to Stop Hypertension (DASH). Each new research study continues to prove the benefits of the DASH Diet. The DASH diet is recommended by the U.S. treatment guidelines for hypertension. The 2005 Dietary Guidelines for Americans advocate this eating plan for everyone. And the DASH diet forms the basis for the USDA MyPyramid. It is an eating plan that is rich in fruits, vegetables, low fat or nonfat dairy, is low in sodium, and includes lean meats, fish and poultry, grains, nuts and beans. The DASH diet helps lower cholesterol and supports healthy weight loss. It is flexible enough to meet the lifestyle and food preferences of most people. However, many people have found it difficult to follow the DASH diet. This is the user-friendly book, designed to make it easy to DASH. It was written by a dietitian who is experienced in helping people make sustainable changes in how they eat. Learn how to follow the DASH diet in your real life.

Accommodate DASH even when eating on-the-run. Add more vegetables into your diet, even if you think you hate vegetables. Learn how to manage salt intake. Makeover your kitchen to simplify following DASH. Lose weight with the DASH diet. The book has 28 days of meal plans (with adjustments for 1200, 1600, and 2000 calorie plans), and DASH-friendly recipes. And this is the complete healthy lifestyle plan for hypertension. It includes the healthy weight loss and exercise that will lower blood pressure. Make your own personal DASH Diet Action Plan, with the specific steps to fit the DASH diet into your daily routine. Reach your goal to lower blood pressure or just having a healthier lifestyle. Purchasing this book is your first step in improving your health for the long run.

Book Information

Paperback: 224 pages

Publisher: Amidon Press; 1 edition (March 20, 2007)

Language: English

ISBN-10: 097634081X

ISBN-13: 978-0976340812

Product Dimensions: 9 x 6 x 0.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 529 customer reviews

Best Sellers Rank: #1,018,252 in Books (See Top 100 in Books) #55 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #180 in Books >

Customer Reviews

There are no razzle-dazzle gimmicks surrounding this book. . . . the author, a registered dietitian, notes on the first page. She promises "no conflicting information, no magic combinations, no forbidden foods." What she provides is a back-to-basics guide to the DASH diet (Dietary Approaches to Stop Hypertension). - Time Magazine The DASH diet is based on studies funded by the NIH. Dietitian Heller presents the plan that will help readers who suffer from hypertension, high cholesterol, and type 2 diabetes. Her plan supports eating a variety of good food--especially fruits, vegetables, and whole grains--to result in weight loss and benefit one's arteries. - Library Journal Chosen by U.S. News & World Report as the best diet, healthiest diet, & best diabetes diet. Even if your blood pressure and cholesterol are perfect and weight isn't a concern, following DASH makes sense. Heller offers an excellent introduction, meal plans, recipes, strategies for exercise & weight loss. - Today's Diet & Nutrition "One of the top 50 life-changing health books." - Huffington Post "Recommended are dietary patterns that emphasize fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. . . including the DASH eating plan" -- The American Heart Association, The American College of Cardiology

--This text refers to the Hardcover edition.

Marla Heller is a Registered Dietitian, holding a Master of Science in Human Nutrition and Dietetics from the University of Illinois at Chicago (UIC) where she completed course work towards a PhD in Behavior Sciences and Health Promotion. She is experienced in a wide variety of nutrition counseling specialties. She has been an adjunct clinical instructor in the Department of Human Nutrition and Dietetics at UIC, and also taught at Dominican University, National-Louis University, and the Cooking and Hospitality Institute of Chicago. In addition to The DASH Diet Action Plan, Marla contributed the 4-week menu plan for Win the Weight Game by Sarah, the Duchess of York, and wrote the healthy eating chapter in "I Always Start My Diet on Mondays!" by Janice Alpert. She has been a spokesperson for the Greater Midwest Affiliate of the American Heart Association and is a Past-President of the Illinois Dietetic Association.

The only diet I have ever tried. At 69 years old, I needed to eat healthier. This is a no nonsense plan. Basically eat 5 vegetables, 4 fruit, only whole grains, low or no fat dairy, eggs & nuts are part

of it, meat or fish in reasonable portions, DAILY. The lower salt was a shock on how much salt I was getting when I thought I was eating low salt! No processed sugar, it all comes in the fruit. I exercise daily. All of this is with a well balanced rotation of different daily fresh veggies and fruit. I do not normally feel hungry, when I do I snack on veggies or fruit, my problem was always grazing. I never leave the house without fruit and veggies. This diet is recommended by all of the major health associations, (heart, kidney, cancer, diabetic) look it up on the health site, the only one I might add. I am shocked that I was able to cut sugar cold, as well as in just about one week, food I previously ate regularly tasted so salty, I could not possibly eat it because it was so over salted. Those two things were a big surprise to me, and maybe the biggest benefit of the diet. This is a life style change if you do not currently eat purely healthy food in proper quantities and no junk food as well as exercise regularly now. It is great if you have the self control required to make it work long term. I have lost 30 pounds and have 15 to go, I have never felt so good. My goal is to reach my target weight in a couple months and stay within 5 pounds of my goal 2 years plus from now.

I began reading the book as soon as it came in. The next day I started applying the guidelines. And while not everyone has my genes I lost 5lbs the first 5 days. I supplemented ketchup for fresh salsa (low sodium) on my 3 eggs for breakfast. When I had a sugar craving I ate yogurt and apples. And stuck with turkey, chicken and fish as the main protein for dinner. While losing 5 lbs maybe ideal for others, my doctor told me to try the DASH plan for a low sodium diet and I am prone to high blood pressure. Losing 5 lbs so quick, scared me. So I doubled my serving sizes and the weight is slowly returning though some much of the food can be metabolized. I'm 125 when drenched in Nickelodeon slime. Some weight gain would do me some good. This book helps pin point what foods to include and others to exonerate. Love it.

This seems to simply recommend a healthy diet with lots of veggies, fruits, and protein. I like the fact that it doesn't totally prohibit red meat. It has dozens of informative charts, meal plans, and good advice. Unfortunately, most of the advice I already knew, but the charts are extremely valuable.

I am reading through this right now. I have pre-hypertension and do NOT want to be on medication for the rest of my life. This (Dash Diet) is part of the solution, along with more activity (exercise), smaller portions and less sodium. Anything to help me get healthier naturally!

I recently was diagnosed with hypertension. My Dr. recommended this book as I want to lose 10-15

lbs and eat healthier. The advice is pragmatic, practical, and there's a wide variety of things to eat every day and w/every meal. It could be organized a bit differently - the shopping list is a bit hidden. And the online version could have links to the recipes in the back of the book, but overall, it's a nice, straightforward way to get on track to healthy eating while losing weight.

I bought this book because my husband and I were starting a low sodium diet to address burgeoning hypertension in him and a family history of heart disease in me. As I researched online to find some guidance, I happened upon The Dash. This book and Go Wild: Eat Fat, Run Free, Be Social, and Follow Evolution's Other Rules for Total Health and Well-being, by John Ratey, MD, are my two most favorite, life-changing health books. Why I think both books are important: While The Dash focuses on the diet aspects of improving your health, in "Go Wild," Ratey talks about the importance of mental health and how exercise, being outside, being social, sleep, AND diet, all addressed in concert, can change your life. The guidelines in The Dash are pretty easy to follow, if you are willing to make a few modifications in your life. It took us a couple of weeks to get our heads around how to do this low sodium diet thing, but we're doing great now, and I hardly even miss the salt. I highly recommend this book if you really want to get healthy and start to take control of your health. It will make all the difference in the world.

A bit confusing to me. I expected recommendations would be for "low-fat" or "reduced fat" products. Also -- the author mentions bread/roll or something that wasn't whole grain -- thought the DASH diet stressed whole grains?? Otherwise, I guess a pretty good idea of what the DASH diet entails -- still would like to read another version of it to truly understand the do's and don'ts of the diet.

It really does work. I have done exactly what it said and it has lowered my blood pressure. It is very simple to follow and has things I like to eat that are common, quick and easy. I recommend this book to everyone I know. I feel healthy and know I am eating right.

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