



**DASH Diet: 50 Top DASH Diet Recipes - 30
MINUTE DASH Diet Recipes to Help You Lose
Weight Fast & Prevent Heart Disease, Stroke and
Diabetes (Low Sodium, Low Fat, Low Cholesterol)**

Gina Crawford

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DASH Diet Recipes - 30 MINUTE DASH diet recipes that will drastically improve your health and your weight!

*A complete book of DASH diet recipes that includes nutritional information for each of the top 50 DASH diet recipes!

The DASH diet is a lifelong well-balanced approach to healthy eating promoted by the National Institutes of Health that is based on nutrient-rich whole foods. This book will teach you exactly how to reach and maintain a healthy weight while lowering blood pressure and cholesterol.

Change your food - Change your life!

U.S.News and World Report chose the DASH diet as the best overall diet, the healthiest diet and the best diet for diabetes for four years in a row.

It is estimated that hypertension or high blood pressure affects over 1 billion people worldwide. Not only is high blood pressure the leading cause of death, it also increases the risk of stroke and heart disease.

The DASH diet reduces the amount of sodium in your diet and increases your consumption of calcium, magnesium, potassium and fiber by eating a selection of delicious whole foods that lower blood pressure.

Eating vegetables, fruits, whole grains, fish, lean meats, low-fat dairy and healthy fats is all part of the DASH diet healthy eating plan.

The DASH diet works if you work it

The DASH diet is endorsed by the American Heart Association and is scientifically proven to lower blood pressure and cholesterol. Research has also shown that the DASH diet is extremely effective in promoting weight loss which has popularized it as a weight loss diet.

In *DASH Diet Recipes: 50 Heart-Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer* you will get nutritious recipes for every meal of the day plus snacks, appetizers and more.

DASH Diet Recipes teaches you:

.....and much more!

Get healthy and lean with these amazing, delicious whole food DASH diet recipes!

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Geraldine Dube: The book untitled DASH Diet: 50 Top DASH Diet Recipes - 30 MINUTE DASH Diet Recipes to Help You Lose Weight Fast & Prevent Heart Disease, Stroke and Diabetes (Low Sodium, Low Fat, Low Cholesterol) contain a lot of information on the idea. The writer explains her idea with easy method. The language is very clear to see all the people, so do certainly not worry, you can easy to read the item. The book was authored by famous author. The author brings you in the new period of time of literary works. You can easily read this book because you can read on your smart phone, or device, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a nice learn.

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