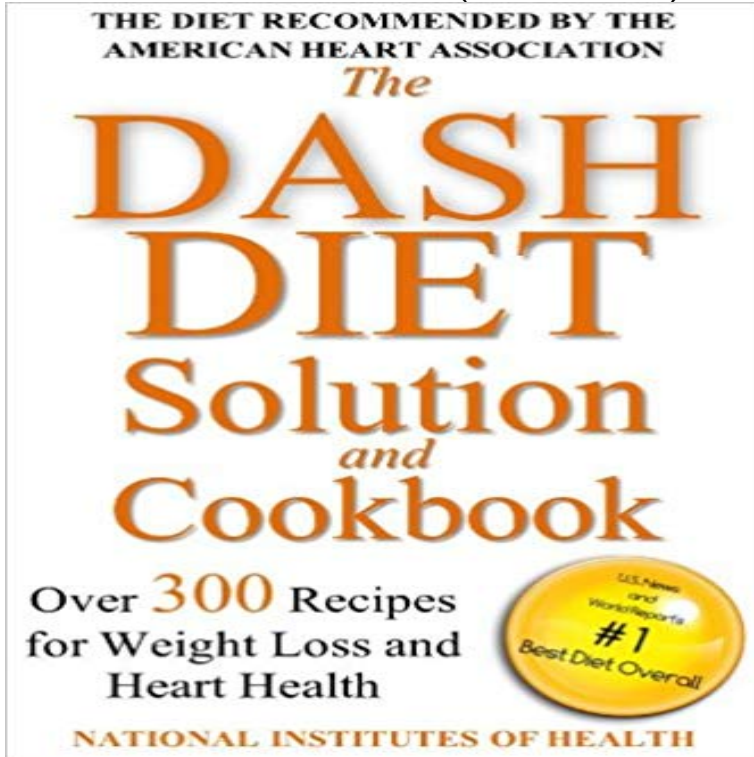


The DASH Diet Solution and Cookbook: Over 300 Recipes for Weight Loss and Heart Health (Illustrated)



The DASH Diet, originally developed by top health and nutrition experts, was ranked as the best diet plan by U.S. News and World Report for the past two years. DASH stands for Dietary Approaches to Stop Hypertension. While it focuses on maintaining low sodium intake to reduce blood pressure, the DASH Diet is also a great way to lose weight, control diabetes, and lower cholesterol. This is the famous diet that has been clinically proven by the National Heart, Lung, and Blood Institute (NHLBI), and is highly recommended by physicians all over the country. Similar to the Biggest Loser diet, the DASH Diet is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less sodium, added sugars, fats, and red meats than the typical American diet. This heart healthy way of eating is also lower in saturated fat, trans fat, and cholesterol, and is rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, calcium, protein, and fiber. This book contains directions on following the DASH Diet and provides you with over 300 recipes to keep the diet interesting, delicious, and easy to follow! The recipes include tasty selections for breakfast, lunch, and dinner, as well as wonderful appetizers, beverages, snacks, and desserts. To keep things ultra simple, the recipes contain ingredients that you can buy at your local grocery store. You will find heart-healthy versions of old favorites, as well as new, culturally-inspired recipes you and your family are sure to love! Full-color illustrations accompany many of the recipes. All recipes contain nutrition information. The recipes are divided into the following categories: Breakfast and Brunch Beverages Breads Appetizers Soups and Stews Salads, Vegetables, and Side Dishes Beef Poultry Seafood Pork and Lamb Pasta and Grains Vegetarian Sauces,

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