

The DASH Diet

The DASH diet is the diet regimen or systematic plan for the treatment of high blood pressure or hypertension. Its word DASH is abbreviated form of "Dietary Approaches to Stop Hypertension".

DASH diet includes natural and healthy foods with high nutritional value and natural enzymes. The DASH diet is developed to lower high blood pressure that includes healthy foods such as;

- Fruits
- Vegetables
- Low fat milk & dairy products
- Lean protein (meat)
- Fish
- Poultry
- Nuts
- Beans



The DASH diet is specially designed for all Americans, which are suffering from hypertension and is recommended by USDA (United States Department of Agriculture). According to the study by the National Institute of Health, the DASH diet reduces systolic and diastolic blood pressure in patients with pre-hypertension by lowering the consumption of salt in the DASH diet.

The most important and amazing benefit of the DASH diet is that it lowers our blood pressure without affecting (increasing) our body weight rather it helps to reduce or maintain body weight with all natural and unprocessed foods.



Benefits of the DASH Diet

The DASH diet is designed to lower high blood pressure in only two weeks with amazing and healthy foods free from harmful chemicals such as food additives, food preservatives and taste enhancers.

The DASH diet not only reduces high blood pressure, but also lowers the risks that are related to hypertension or high blood pressure, such as stroke, cardiovascular diseases, diabetes and excess weight gain by regulating and improving blood circulation systems by lowering the amount of salts in our routine foods. The DASH diet prevents us from eating bad foods and makes us realize with the importance of the relation between health and healthy eating. Some improvements are made recently in the DASH diet in the form of the addition of some heart healthy fats, proteins and carbohydrates in order to maintain a healthy weight and an approach to reduce high blood pressure. Cutting off all fats, including healthy fats, can leave negative health effects instead of benefits.

Being a natural and free of chemicals the DASH diet keeps you young even in later years, because the foods included in the DASH diet are rich in antioxidants that slower the process of aging. The DASH diet plan also helps us to control blood sugar by preventing the consumption of refined and processed sugar. The DASH diet is rich in dietary fibers that reduce bad type of blood cholesterol and thus this diet improves cardiovascular health along with healthy body weight.



There are two versions of the DASH diet with respect to the consumption of the salt in the diet;

- Standard DASH diet: it allows you to consume almost 2300 mg/day in order to drop blood pressure by fewer points

Low sodium diet: in the low sodium DASH diet, you can lower your high blood pressure by several points, especially in older people, diabetes and kidney patients.

How to start the Dash Diet?

The DASH Diet is best done in two phases, so the DASH Diet phase 1 is basically a low-carbohydrate diet, with no fruit and whole grains, it lasts for 14 days. Dash Diet Phase 1 is designed to reset your metabolism and boost your natural calorie burning processes. With this protein-rich, low carbohydrate and sugar period you will see an immediate and visible weight loss.

Then when Dash Diet Phase 2 is reintroduced with healthy whole grains, fruit and starchy vegetables so as to control your weight loss and improve the body's response to hypertension.

During the 14 days of Phase 1, you will learn how to satisfy your hunger and feel fuller longer. You trick your body by eating non starchy foods and this will regulate your blood sugar and help curb your cravings, avoid fruit and whole grains, which have a lot of natural sugar, and sorry to say alcohol, which also contain sugars.

You can enjoy 2-3 servings of low-fat dairy per day. This would include 1 cup of skim milk or low-fat yogurt. Avoid regular or even fat-free cheese because they are often high in sodium.

You can also enjoy up to 6 ounces of lean meats, fish and poultry a day. Aim for 4 to 5 servings of beans or lentils a week.

[Get your 14 day Phase One Meal Plan HERE with 14 days of recipes](#)

DASH is not a fad diet; it's a healthy eating plan that supports long-term lifestyle changes. It is low in saturated fat, cholesterol and zero trans fat. It emphasizes fruits, vegetables, and low-fat dairy foods, and includes whole grains, poultry, fish, lean meats, beans, and nuts. It is rich in potassium, calcium, and magnesium, as well as protein and fiber. DASH does require a reduction in high fat red meat, sweets, and sugary beverages; it is simple and very easy to follow.

Contact details

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Website : [Dash Diet Collection of Recipes](#)

Email : dashdietrecipes@gmail.com

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