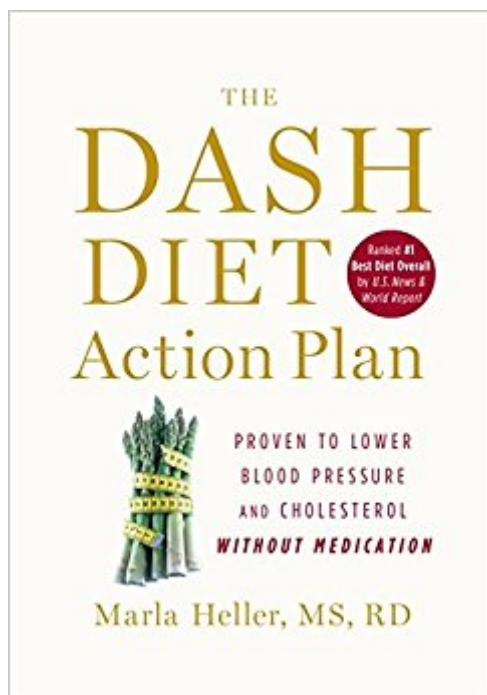


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# The Dash Diet Action Plan



## Synopsis

The New York Times Bestseller--Based on the Diet Ranked "#1 Best Diet Overall" by US NEWS & WORLD REPORT--for 4 Years in a Row! Finally, the #1 ranked DASH diet is popularized and user-friendly. Unlike any diet before it, DASH, which stands for Dietary Approaches to Stop Hypertension, came out of groundbreaking NIH-funded research. Now, Marla Heller, MS, RD, who was trained by one of the primary architects of the DASH diet and is herself the leading dietician putting DASH into action for over ten years, shares the secret to making the diet easy and accessible, in THE DASH DIET ACTION PLAN. Rich in fruits, vegetables, whole grains, low-fat and nonfat dairy, lean meats, fish, beans, and nuts, DASH is grounded in healthy eating principles that lower blood pressure; reduce the risk of heart disease, stroke, and some types of cancer; and support reaching and maintaining a healthy weight. No diet has a medical pedigree like DASH, and this book is a simple, actionable plan that can fit seamlessly into everyone's life and lifestyle. It includes: 28 days of meal plans at different calorie ranges Simple tools to help you personalize a DASH Diet Action Plan for guaranteed success DASH-friendly recipes and shopping lists Tips for eating on-the-run Advice on healthy weight loss and exercise for every lifestyle. Now, you can revolutionize your health and change your life--without medication.

## Book Information

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## 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

Marla Heller is a Registered Dietitian, and holds a Master of Science in Human Nutrition and Dietetics from the University of Illinois at Chicago (UIC) where she also completed doctoral course work in public health. Marla worked as a dietitian at the University of Illinois Medical Center in the Heart-Lung Transplant Unit, the Cardiac Intensive Care Unit, and the Cardiac Step-Down Unit. She has taught thousands of people how to adopt the DASH diet. She was an adjunct clinical instructor in the Department of Human Nutrition and Dietetics at UIC, Dominican University, and National-Louis University. She taught nutrition to student chefs at the Cooking and Hospitality Institute of Chicago. Marla was a civilian dietitian with the US Navy and worked for the US Department of Health and Human Services. In addition to The DASH Diet Action Plan, Marla wrote the 4-week menu plan for Win the Weight Game by Sarah, the Duchess of York. She is a frequent featured nutrition expert for broadcast, print, and internet media. She is a spokesperson for the Greater Midwest Affiliate of the American Heart Association, a Past-President of the Illinois Dietetic Association, from which she was awarded the prestigious Emerging Leader Award. Marla can be followed at [dashdiet.org](http://dashdiet.org), [facebook.com/dashdiet](https://facebook.com/dashdiet), and Twitter @dashdiet.

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 with out 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 weigh in a couple months and stay withing 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 vegies, 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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