

The DASH Diet Eating Plan

<http://www.dashdiet.org>

The DASH Diet for Weight Loss

While the DASH diet was originally developed as an eating style to help lower blood pressure, it has been found to be a fabulous plan for weight loss. The DASH Action Plan is famous for introducing the DASH diet for weight loss. Because it has an emphasis on real foods, heavy on fruits and vegetables, balanced with the right amount of protein, it provides the perfect weight loss foundation. It is filling and satisfying. Because it is healthy, you can follow it for your whole life. And it is a plan that you can feed your entire family, with larger portion sizes for those who don't need to watch their weight. It helps you easily lose weight, even though you feel as if you are not on a diet, and actually makes you healthier!

The DASH Diet for Health

The DASH diet is especially recommended for people with hypertension (high blood pressure) or prehypertension. The DASH diet eating plan has been proven to lower blood pressure in studies sponsored by the National Institutes of Health (**Dietary Approaches to Stop Hypertension**). In addition to being a low salt (or low sodium) plan, the DASH diet provides additional benefits to reduce blood pressure. It is based on an eating plan rich in fruits and vegetables, and low-fat or non-fat dairy, with whole grains. It is a high fiber, low to moderate fat diet, rich in potassium, calcium, and magnesium. The full DASH diet plan is shown below. The DASH diet is a healthy plan, designed for the whole family. New research continues to show additional health benefits of the plan.

In addition to being recommended by your physician, DASH is also endorsed by:

- The National Heart, Lung, and Blood Institute (one of the National Institutes of Health, of the US Department of Health and Human Services)
- The American Heart Association (AHA)
- The 2010 Dietary Guidelines for Americans
- US guidelines for treatment of high blood pressure
- The 2011 AHA Treatment Guidelines for Women
- The Mayo Clinic.

The DASH eating plan has been proven to lower blood pressure in just 14 days, even without lowering sodium intake. Best response came in people whose blood pressure was only moderately high, including those with prehypertension. For people with more severe hypertension, who may not be able to eliminate medication, the DASH diet can help improve response to medication, and help lower blood pressure. The DASH diet can help lower cholesterol, and with weight loss and exercise, can reduce insulin resistance and reduce the risk of developing diabetes.

The NY Times Best Seller, The DASH Diet Action Plan, provides real life solutions to make it easy for people to follow the DASH diet. It has 28 days of meal plans (with adjustments for

various calorie levels), recipes, guidance for weight loss, how to eat at restaurants, fast food places, etc. and still stay on track. It shows you how to stock up your kitchen for the DASH diet, and how to read food labels to make good choices. And, of course, the meal plans and recipes are all low sodium/low salt. The book shows you how to add exercise and other lifestyle changes to help lower blood pressure. This book helps you design your own personal "DASH Diet Action Plan."

New research shows that following the DASH diet over time will reduce the risk of stroke and heart disease, as well as kidney stones. The benefits of the DASH diet have also been seen in teens with hypertension. The DASH diet truly is the diet for everyone.

Specifically the DASH diet plan includes:

Type of food	Number of servings for 1600 - 3100 Calorie diets	Servings on a 2000 Calorie diet
Grains and grain products (include at least 3 whole grain foods each day)	6 - 12	7 - 8
Fruits	4 - 6	4 - 5
Vegetables	4 - 6	4 - 5
Low fat or non fat dairy foods	2 - 4	2 - 3
Lean meats, fish, poultry	1.5 - 2.5	2 or less
Nuts, seeds, and legumes	3 - 6 per week	4 - 5 per week
Fats and sweets	2 - 4	limited

Even though most people know that this seems like a very healthy way of eating, they initially may find it hard to implement and sustain. The average American gets 2 - 3 servings of fruits and vegetables combined each day, so following the DASH diet can involve making a concerted effort. The book makes it easier. It helps you with simple lifestyle changes and strategies to make new habits that you will keep for a lifetime.

Although weight loss was not a part of the original DASH diet research, the book provides guidance and plans for adapting the DASH diet for successful weight loss. Many women need to follow a lower calorie diet in order to lose weight, so we include a 1200-calorie version of the DASH diet. Although this book was not intended to be an aggressive weight loss program, many of our readers have reported 10 - 35 pound weight loss in a few months.

The design of the meal plans in the book is based on newer research on how to make satisfying meals, helping to prevent between meal hunger. That is a key feature of high-fiber, low caloric-density, balanced meals with appropriate serving sizes.