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The DASH diet (Dietary Approaches to Stop Hypertension) is a dietary pattern promoted by the U.S.-based National Heart, Lung, and Blood Institute (part of the National Institutes of Health (NIH), an agency of the United States Department of Health and Human Services) to prevent and control hypertension. The DASH diet is rich in fruits, vegetables, whole grains, and low-fat dairy foods; includes ...

### **DASH diet - Wikipedia**

DASH stands for Dietary Approaches to Stop Hypertension which is a diet based on clinical studies. The research and science-backed plan is less likely about eating in small portions but more of a balanced eating plan for a healthy lifestyle.

### **The DASH Diet | Cooking DASH Diet Recipes & More...**

The DASH diet involves a lot of fruits, vegetables, whole grain, low-fat dairy foods, poultry, fish, meat, nuts, and beans. Added fats, red meat, and sugar-laden drinks and foods are limited.

### **The DASH Diet: Health benefits and what you can eat**

IN BRIEF: Your Guide To Lowering Your Blood Pressure With DASH What you eat affects your chances of developing high blood pressure (hypertension).

### **In Brief: Your Guide to Lowering Your Blood Pressure with DASH**

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Your Blood Pressure Lowering Guide to U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES National Institutes of Health National Heart, Lung, and Blood Institute

### **Your Guide to Lowering Blood Pressure - nhlbi.nih.gov**

136 above the current recommendations. With the DASH diet, blood pressure was lowered significantly, even at this moderately high intake of sodium.

### **Chapter 10 Beyond a DASH of Salt ~“ Minerals That Help to**

The DASH-Sodium study was a sequel to the original DASH (Dietary Approaches to Stop Hypertension) study. Both studies were designed and conducted by the National Heart, Lung, and Blood Institute in the

United States, each involving a large, randomized sample. While the original study was designed to test the effects of several varying nutrients on blood pressure, DASH-Sodium varies only in ...

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