

# DASH DIET



Source: National Heart, Lung and Blood Institute

MG-0283

The DASH diet (Dietary Approaches to Stop Hypertension) has been shown to help lower blood pressure and prevent heart disease, stroke, diabetes and even some forms of cancer. It focuses on eating more fresh fruits and vegetables.

This is a guide to how much of each food group you should eat every day, based on eating 2,000-calories per day.

# **Dash Diet And Diabetes**

**Nathalie Seaton**



## Dash Diet And Diabetes

**The DASH Diet to End Obesity** William M. Manger, Jennifer K. Nelson, Marion J. Franz, Edward J Roccella, 2014-03-01 Called the good nutrition bible by one reviewer The DASH Diet to End Obesity is the ultimate guide to common sense lifestyle changes that will improve the health of the entire family With a special emphasis on prevention this book is written for parents teachers and anyone concerned about protecting themselves and their children from the health risks of obesity This book is the most comprehensive guide to the DASH diet plan yet published DASH Dietary Approaches to Stop Hypertension was first formulated to combat hypertension high blood pressure But numerous studies have shown that the eating plan is also useful for dealing with excess weight abnormal blood fats Type 2 diabetes and other health concerns The DASH diet has soared in popularity because not only does it allow people to take charge of their own health and that of their families they can do it while eating delicious food The plan emphasizes seasonings spices healthy oils fruits vegetables nuts and other flavorful food choices But unlike a mere recipe book The DASH Diet to End Obesity explains the science and psychology of how to find success with the DASH approach Author Dr William Manger and his three distinguished colleagues have crafted a reader friendly book geared to motivate people to make healthy informed changes in their daily lives The book offers in depth information about fats cholesterol vitamins and minerals omega 3 fatty acids fiber and more An entire section is devoted to the role of salt and the dangers of consuming too much salt especially for people who are overweight The book also contains a special chapter about eating for the management of diabetes Not only do the authors present a lot of information in an accessible tone they provide detailed descriptions of how to incorporate this knowledge into every meal with memory strategies charts and quick tips The DASH eating plan is not just a diet however and the book covers the importance of sleep physical exercise and staying psychologically motivated The authors also dissect the reasons other diets fail and discuss the risks and benefits of other methods of weight loss including surgery and weight loss drugs This book represents the life work of the four prestigious authors it is not a jump on the bandwagon response to the recent popularity of the DASH diet Dr William Manger has been such a proponent of the DASH lifestyle that he has founded an organization that teaches the eating plan to young children in schools Medical researchers and experts today are saying many parents could outlive their children because of runaway childhood obesity This is the scenario The DASH Diet to End Obesity is dedicated to reversing

Silent Killer Disease: Dash Diet Cookbook: for Hypertension: and Diabetes Michael Gabriel,2014-03-16 Silent killer disease are diseases that produces minimum or no symptoms and are capable of causing death if not treated Heart disease hypertension and diabetes are major silent killer diseases High blood pressure hypertension can lead to and make worse many complications of diabetes including diabetic eye disease and kidney disease Most people with diabetes develop high blood pressure during their life Having diabetes makes high blood pressure and other heart and circulation problems more likely because diabetes damages arteries and makes them targets for hardening atherosclerosis Atherosclerosis can cause high blood pressure which if not treated can lead to blood vessel damage stroke heart failure heart attack or kidney failure Three groups were studied with different diabetes interventions The first was given education only The second was on a weight loss program increased physical activity and had a decrease in consumption of salt and alcohol The third had all the interventions of the first but also were put on the dash diet All three groups showed positive health changes but only the one with the dash diet statistically increased insulin sensitivity The dash is a positive step in managing effects of diabetes in addition to the insulin sensitivity This is because many people with diabetes have a higher risk of heart disease and stroke Hypertension increases this risk so a diet that decreases blood pressure will have the benefit of being a tool of prevention of other diseases in individuals with diabetes Develop your relationship with your medical provider and be sure to maintain contact about any questions concerns or changes in your diabetes symptoms All the recipes also include detailed information on calories fat saturated fat sodium carbohydrates Total sugars protein Dietary fiber as well as serving sizes

*The Dash Diet For Type 2 Diabetes* Charles Hanson,2024-03-04 Take Control of Your Type 2 Diabetes with The DASH Diet For Type 2 Diabetes Are you ready to manage your type 2 diabetes and improve your overall health and well being Look no further The DASH Diet For Type 2 Diabetes is your comprehensive guide to harnessing the power of the DASH Dietary Approaches to Stop Hypertension diet to effectively manage your diabetes and live a vibrant life In this groundbreaking book you ll discover practical strategies delicious recipes and expert insights to help you stabilize blood sugar levels promote weight loss and reduce the risk of complications associated with type 2 diabetes From controlling portion sizes and monitoring carbohydrate intake to incorporating regular exercise and stress management techniques this book covers it all Inside you ll find A thorough overview of the DASH diet and its benefits for individuals with type 2 diabetes including its focus on whole foods fiber rich fruits and vegetables lean proteins and healthy fats Mouthwatering recipes specifically designed to help manage blood sugar levels and support overall health from hearty breakfasts and satisfying lunches to flavorful dinners and guilt free desserts Practical meal planning tips grocery shopping lists and dining out strategies to help you navigate social situations and make healthy choices wherever you go Expert advice on lifestyle modifications including exercise routines stress management techniques and sleep hygiene practices to further support your diabetes management efforts Whether you re newly diagnosed with type 2 diabetes or looking for new strategies to better manage your condition The DASH Diet For Type 2 Diabetes has everything you need to succeed With the power of the DASH diet by your side you can take control of your diabetes and live life to the fullest Don t let type 2 diabetes hold you back from enjoying a full and active life Get your copy of The DASH Diet For Type 2 Diabetes today and embark on a journey to better health and vitality

**5: 2 Diet for Diabetics: Control Your Diabetes for Life** Markus Schulz, You can adopt 5 2 approaches to lose weight and help you fight Diabetes high blood pressure and cardiovascular disease Either have 2 meals daily out of 5 from this book or you can select any 2 days in a week to eat recipes from this book A slow steady healthy weight loss using nutritional change and exercise is associated with beneficial effects on the heart blood pressure and cholesterol levels In addition weight loss can reduce insulin resistance and make muscles and fat tissues more sensitive to circulating insulin levels in the blood But before you start a diabetes weight loss plan it s important to work closely with your doctor or diabetes educator because while you re dieting your blood sugar insulin and medications need special attention

**Dash Diet for Hypertension and Diabetes** Helen JOSEPH,2021-10-28 Cure diabetics and lower your blood pressure with a DASH diet and exercise plan If you are one of those with hypertension or even prehypertension you can get your blood pressure under control with this diet It will help you reduce from 8 14 points in systolic diastolic blood pressure respectively in few weeks just read right and follow the guideline to live a healthy life This cookbook makes following the DASH diet a breeze with delicious recipes innovative meal plans and complete nutritional information The mouthwatering meals provide a delectable solution to lose weight lower blood pressure and prevent diabetes without feeling deprived You ll identify the complete information inside this book An explanation to the dash diet such as what it is and how it works All of the benefits that the Dash diet can provide If you are suitable for this type of diet and can gain from it without compromising your health Food to eat and avoid A considerable portion of delicious recipes has been organized into categories A superb meal plan and lot more

**Dash Diet CookBooks for Diabetics** Joseph Curry,2021-05-02 55% OFF for bookstores NOW at 34 99 instead of 42 95 LAST DAYS

**The DASH Diet Cookbook** Mariza Snyder,Lauren Clum,Anna V. Zulaica,2012-03-13 Learn to make delicious filling healthy meals following the DASH Diet named the 2 best diet by U S News and World Report s experts Packed with amazingly tasty recipes creative meal plans and complete nutritional information this cookbook makes following the DASH diet a snap The 140 easy to make recipes provide a mouthwatering way to eat great lose weight lower blood pressure and prevent diabetes without feeling deprived QUICK AND HEARTY BREAKFASTS Berry Banana Green Smoothie Veggie Frittata with Caramelized Onions ENERGY BOOSTING LUNCHES Mexican Summer Salad Chicken Fajita Wraps FAST AND FABULOUS SNACKS Roasted Zucchini Crostini Dip Grilled Sweet Potato Steak Fries SATISFYINGLY DELICIOUS DINNERS Turkey Meatballs in Marinara Sauce Ginger Apricot Chicken Skewers TASTY AND WHOLESOME DESSERTS Grilled Peaches with Ricotta Stuffing and Balsamic Glaze Mini Cheesecakes with Vanilla Wafer Almond Crust Named the number one diet in terms of weight loss nutrition and prevention of diabetes and heart disease DASH Dietary Approaches to Stop Hypertension is the best diet for a fit lifestyle Including a twenty eight day meal plan easy to follow exercise advice and tips for keeping to the diet when on the go this cookbook is the ultimate guide to living healthy

28-Day Hearty Dash Diet Meal Plan & Recipes Melody Ambers,2014-05-07 Reduce fat look good and enjoy the best of health The dash diet isn't the newest health fad On the contrary it works Voted by The National Institute of Health for both healthy eating and diabetes dash diet is the diet you have been looking for There are over 80 mouthwatering recipes in this book and they are deliciously presented to fit into a 28day 4weeks plan to guide you from day to day It contains 1 Tips on how to get started 2 Tasty recipes for breakfast lunch dinner and snacks 3 Delicious and hearty foods to help in blood pressure reduction weight loss and improved health By following the tasty and nutritional recipes in this book you will be able to Reduce your cholesterol and blood pressure Look trim and fit Improve blood flow and gain a healthy heart Engage in your day to day activities with vigor Save money by not spending on medical bills from now and till forever Enjoy your meals and be healthier still With the dash diet achieving the body you desire is now a possibility The recipes are diverse fresh tasty and easy to make So buy this book enjoy the recipes and start turning heads now

The Dash Diet Made Easy: A Beginner's Guide to Improving Overall Health, Weight Loss, and Preventing High Blood Pressure, Cancer, Diabetes and Faren Garcia,2021-06-11 The DASH diet stands for Dietary Approaches to Stop Hypertension It is a lifelong approach to healthy eating which aims at treating or preventing high blood pressure and hypertension The diet encourages you to reduce the intake of sodium in your diet and to eat a variety of food items rich in nutrients that lower blood pressure like potassium calcium and magnesium In this book we will study the DASH diet in detail We will read why you may be able to reduce your blood pressure when you follow this diet sometimes in the span of only two weeks We will understand the health benefits of the diet why it will contribute to an overall wholesome lifestyle and talk about sample meal plans to get you started As we move along I will give you some tips and tricks to start your journey and to hold on to it without getting bored or frustrated I hope this book is the beginning of a new life for you a life in which you have full control over your health and happiness

**The Everyday DASH Diet Cookbook** Marla Heller,2013-06-04 New York Times bestselling author Marla Heller in collaboration with bestselling cookbook writer Rick Rodgers provides simple home cooked DASH approved meals to help promote weight loss and increased health benefits A healthy diet is only as good as the food it provides in its plan Now in The Everyday DASH Diet Cookbook bestselling author and foremost DASH expert Marla Heller together with bestselling cookbook writer Rick Rodgers makes it easy to prepare home cooked meals that are fresh fabulous and DASH approved The DASH diet is a required medical recommendation for patients diagnosed with hypertension or pre hypertension a group of almost 130 million people and this ultimate guide to cooking the DASH way serves up everything necessary to maintain a healthy lifestyle With recipes such as Cinnamon French Toast with Raspberry Sauce Filet Mignon au Poivre Yankee Clam Chowder and Chocolate Fondue with Strawberries eating health has never been so easy and delicious

The Complete Idiot's Guide to DASH Diet Cooking Deirdre Rawlings ND, Ph.D., 2012-05-01 The DASH Dietary Approaches to Stop Hypertension Eating Plan is a dietary program that was developed by the National Institutes of Health and has been proven to be one of the most effective and healthy diet plans available today The primary intention and benefit of the plan is to reduce the effects of hypertension however the plan has also proven to be an effective weight loss plan as well as a diabetes friendly diet plan In a 2011 study released by U S News and World Report DASH was ranked as the number 1 overall diet plan among 20 of the most popular plans studied It was also listed as the 1 diet plan for those suffering from diabetes With over 160 recipes The Complete Idiot s Guide to DASH Diet Cooking takes a fresh approach compared to other books on the topic most of which are loaded with general information on the DASH diet The Complete Idiot s Guide to DASH Diet Cooking focuses instead on cooking the right way with DASH and the reader will benefit from over 150 fantastic DASH compliant recipes Readers will also benefit from structured meal plans that help keep them on track and the author s expert advice on supplementing the diet with exercise and other lifestyle changes to further enhance the benefits of DASH

*DASH DIET For Beginners* Nathalie Seaton, 2020-10-17 If you ve always wanted to take charge of your health or lose weight but grueling diets are not for you then keep reading Are you sick and tired of trying to stick to complicated diets Have you tried endless other solutions but nothing seems to work for more than a few weeks Do you finally want to say goodbye to feeling hungry and discover something which works for you If so then you ve come to the right place You see healthy eating doesn t have to be difficult Even if you ve tried all fad diets In fact it s easier than you think Studies of US National Institutes of Health proven that DASH diet can substantially lower blood pressure as effective as or more effective than antihypertensive drugs in just 2 weeks Moreover numerous studies have shown that the DASH diet reduces the risk of many diseases including some kinds of cancer stroke heart disease heart failure kidney stones diabetes osteoporosis depression lowering cholesterol and inflammation DASH diet has been proven to be an effective way to lose weight and become healthier at the same time It is full of fabulous delicious real foods All of these benefits led to the Best Diet Overall ranking for 8 year in a row 2011 2018 by the panel of experts assembled by US News World Report To receive top ratings a diet must be easy to follow nutritious safe effective for weight loss and protective against chronic diseases Which means you can get healthier and lose weight without going hungry or totally eliminating your favorite food groups for the rest of your life Here s just a tiny fraction of what you ll discover The last diet you will ever need to go on What the silent killer destroys every second adult minute by minute even someone can appear to be completely healthy and why you should go on the DASH Diet to avoid that Why DASH diet is better for you than another 5 most popular diets Why everyone saying all carbs make you gain weight are wrong How to get healthier and leaner without magic foods or going hungry How to take your weight off and keep it off effortlessly by eating various foods even some alcohol DASH diet recommended real foods you probably have in your kitchen right now or can get in any supermarket How to create your meal plan 5 Steps transitioning to the DASH diet How to incorporate better food choices into your meal plans in ways that are realistic and achievable DASH diet FAQs and eating out tips Exercises to yield even more benefits How to save time with 80 easy and delicious recipes you could make in 20 minutes or less and much much more Take a second to imagine how you ll feel once you achieve your optimal health and how your family and friends will react when you shed those unwanted pounds So even if you re extremely obese you can improve your health and lose weight with DASH diet And if you have a burning desire to get healthier or shed those unwanted pounds then scroll up and click add to cart

Dash Diet Vegetarian Recipes for Type 2 Diabetes Mia Bennett,2024-05-19 Tired of bland diabetic meals Stressed about managing portion sizes and nutrition Introducing Dash Diet Vegetarian Recipes for Type 2 Diabetes your one stop guide to healthy flavorful eating that supports your diabetes management goals This comprehensive cookbook offers a delicious 30 day meal plan packed with vegetarian DASH recipes specifically designed for Type 2 Diabetes Each recipe includes Simple easy to follow instructions for creating satisfying vegetarian meals Detailed nutritional information making it easy to track your carbs protein and fat intake Clear portion sizes to ensure you re eating for optimal blood sugar control But wait there s more This essential cookbook goes beyond everyday recipes You ll also discover Essential tips for adapting the DASH diet to a vegetarian lifestyle Helpful strategies for meal planning and grocery shopping Delicious vegetarian substitutions for traditional DASH recipes Dash Diet Vegetarian Recipes for Type 2 Diabetes empowers you to take charge of your health and enjoy a satisfying balanced diet that supports your well being Order your copy today and embark on a delicious journey to better blood sugar control

DASH Diet For Dummies Sarah Samaan,Rosanne Rust,Cindy Kleckner,2014-08-07 Lower your blood pressure in just two weeks with the 1 rated diet When high blood pressure becomes chronic it s called hypertension a condition that affects 970 million people worldwide and is classified by the World Health Organization as a leading cause of premature death While medications can help nothing beats dietary and lifestyle modifications in the fight against high blood pressure and the DASH diet is a powerful tool in your arsenal Focusing on lowering sodium intake and increasing fiber vitamins and minerals can help lower your blood pressure in as little as two weeks It s no wonder that the DASH Diet is ranked as the number 1 diet for three years in a row and is endorsed by the American Heart Association The National Heart Blood and Lung Institute and The Mayo Clinic DASH Diet for Dummies is your ultimate guide to taking control of your body once and for all Originally conceived to alleviate hypertension the DASH Diet has been proven effective against a number of conditions including Type 2 diabetes metabolic syndrome PCOS weight loss and more DASH Diet for Dummies contains all the information you need to put the diet into practice including Over 40 DASH approved recipes including meals snacks and desserts 100 DASH approved foods including meats seafood sweets and more Tips for navigating the grocery store and choosing healthier fare A 14 day Menu Planner to help you get started today The DASH Diet is built upon the principles of healthy eating and getting the most nutritional bang for your buck Doctors even recommend DASH to their healthy patients as an easy stress free way to adopt the food habits that will serve them for life DASH Diet for Dummies is your roadmap on the journey to good health so get ready to start feeling better every day

The Complete Dash Diet CookBook For Beginners Amy Williams,2018-02-10 This Complete Dash Diet CookBook For Beginners is the only book you need whether you are a beginner who is just starting out with DASH Diet or you are looking for fresh and new delicious recipes to try out DASH the acronym for Dietary Approaches to Stop Hypertension is a medically recommended method to reduce blood pressure avoid hypertension lose weight and reduce the risk of many other deadly diseases such as cancer stroke diabetes kidney stone heart failure and heart diseases This why the DASH Diet has been ranked as the 1 best overall diet out of 40 other diets in the United States The DASH Diet is a diet that contains a high level of fiber calcium magnesium potassium and reduced amount of sodium which is one of the primary reason for increased blood pressure that eventually leads to hypertension With a 100 easy to make delicious and hearty recipes This Complete Dash Diet CookBook For Beginners has been divided into sub categories such as appetizers main dish side dish salad dessert seafood and chicken



*The DASH Diet Action Plan* Marla Heller, 2007 The DASH Diet Action Plan is the user friendly teaching guide to the DASH diet Initially many people find it difficult to follow the DASH diet This book makes it simple to understand and put into practice The book makes it easy to lose weight with the DASH diet and it has realistic ways to add exercise Although the book was not intended to be an aggressive weight loss book people are writing to say that they have surprised themselves by finding it easy to lose weight following the plan Many people find the DASH diet to be hard to implement and sustain in a hectic lifestyle The average American gets 2 3 servings of fruits and vegetables combined each day so following the DASH diet may seem daunting The DASH Diet Action Plan book is designed to help you with more than just what is involved with the DASH diet it also shows you how How to follow the DASH diet in restaurants how to lose weight how to make over your kitchen to make it easy to follow your plan how to fit in exercise how to reduce salt intake how to add vegetables even if you hate vegetables And the book helps you make your own personal plan with specific steps you will take to fit the DASH diet into your daily routine Our readers say that this is the best DASH diet book Your step by step plan will include setting your goals for blood pressure and cholesterol determining the calorie level you need for maintenance or weight loss developing meal plans developing a realistic exercise plan adjusting the DASH diet to accommodate other health problems choosing the key DASH diet foods reading food labels and learning how to incorporate more vegetables in your diet and setting up your kitchen to make it easy to stay on track This book was written by a registered dietitian who is experienced in helping people make sustainable behavior changes and make healthy eating part of their real lives She knows that people need flexibility and options to choose different approaches since not everyone has the time or the interest in cooking or making drastic changes in how they eat The book incorporates tools that will help you plan the specific steps you will take to adopt the DASH diet Research shows that people who make concrete plans are more likely to be successful with adopting new health behavior This should improve your ability to lower your blood pressure and cholesterol without medication

**Dash Diet Cookbook for Diabetic Seniors** Karrie Ferguson, 2024-03-17 Are you a diabetic senior looking for a practical and delicious way to manage your health Introducing the ultimate solution Dash Diet Cookbook for Diabetic Seniors Say goodbye to bland and restrictive diets it s time to embrace a flavorful and fulfilling lifestyle that promotes wellness and vitality Inside this comprehensive cookbook you ll discover a treasure trove of delectable recipes tailored specifically for diabetic seniors Designed around the principles of the DASH Dietary Approaches to Stop Hypertension diet renowned for its ability to improve overall health and manage diabetes each recipe is crafted with your well being in mind From hearty breakfast options to savory main courses and delightful desserts there s something for every palate Featuring a diverse array of ingredients and flavors these recipes are not only nutritious but also incredibly satisfying Whether you re craving comforting classics or adventurous culinary creations you ll find plenty of inspiration to create wholesome meals that nourish both body and soul Imagine savoring mouthwatering dishes like zesty Mediterranean quinoa salad succulent grilled salmon with citrus glaze or indulgent dark chocolate avocado mousse all while effectively managing your blood sugar levels and supporting your overall health With Dash Diet Cookbook for Diabetic Seniors you can transform your kitchen into a sanctuary of wellness and culinary delight Don t let diabetes dictate your diet take control of your health and happiness with this indispensable cookbook Order your copy today and embark on a journey towards a healthier more vibrant life It s time to rediscover the joy of eating well and feeling great with the Dash Diet Cookbook for Diabetic Seniors

**28-Day Hearty Dash Diet Meal Plans and Recipes** Melody Ambers,2014-05-07 Reduce fat look good and enjoy the best of health The dash diet isn't the newest health fad On the contrary it works Voted by The National Institute of Health for both healthy eating and diabetes dash diet is the diet you have been looking for There are over 80 mouthwatering recipes in this book and they are deliciously presented to fit into a 28day 4weeks plan to guide you from day to day It contains 1 Tips on how to get started2 Tasty recipes for breakfast lunch dinner and snacks 3 Delicious and hearty foods to help in blood pressure reduction weight loss and improved health By following the tasty and nutritional recipes in this book you will be able to Reduce your cholesterol and blood pressure Look trim and fit Improve blood flow and gain a healthy heart Engage in your day to day activities with vigor Save money by not spending on medical bills from now and till forever Enjoy your meals and be healthier stillWith the dash diet achieving the body you desire is now a possibility The recipes are diverse fresh tasty and easy to make So buy this book enjoy the recipes and start turning heads now

Your Guide to Lowering Your Blood Pressure with Dash U. S. Department Human Services,National Health,Department Of Health And Human Services,Lung, and Blood, National Heart Institute,National Heart Lung Institute, And,2012-07-09 This book by the National Institutes of Health Publication 06 4082 and the National Heart Lung and Blood Institute provides information and effective ways to work with your diet because what you choose to eat affects your chances of developing high blood pressure or hypertension the medical term Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension DASH eating plan and by eating less salt also called sodium While each step alone lowers blood pressure the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure This book based on the DASH research findings tells how to follow the DASH eating plan and reduce the amount of sodium you consume It offers tips on how to start and stay on the eating plan as well as a week of menus and some recipes The menus and recipes are given for two levels of daily sodium consumption 2 300 and 1 500 milligrams per day Twenty three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program It is also the highest amount recommended for healthy Americans by the 2005 U S Dietary Guidelines for Americans The 1 500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve The lower your salt intake is the lower your blood pressure Studies have found that the DASH menus containing 2 300 milligrams of sodium can lower blood pressure and that an even lower level of sodium 1 500 milligrams can further reduce blood pressure All the menus are lower in sodium than what adults in the United States currently eat about 4 200 milligrams per day in men and 3 300 milligrams per day in women Those with high blood pressure and prehypertension may benefit especially from following the DASH eating plan and reducing their sodium intake

The DASH Diet for Beginners John Chatham,2013-02-01 Do you know why the DASH diet is voted the Best Diet year after year It's simple The DASH diet is an easy and sustainable tool for creating a healthful lifestyle Based on research by the National Institutes of Health and chosen by U S News it includes DASH diet guidelines and health benefits scientific studies a DASH diet foods list and a healthy fitness and meal plan The Seven Day DASH Diet Meal Plan provides an easy guide to jumpstart your health and weight loss Lose weight improve your health and reduce your risk of heart disease with John Chatham's The DASH Diet for Beginners

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### Dash Diet And Diabetes Introduction

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