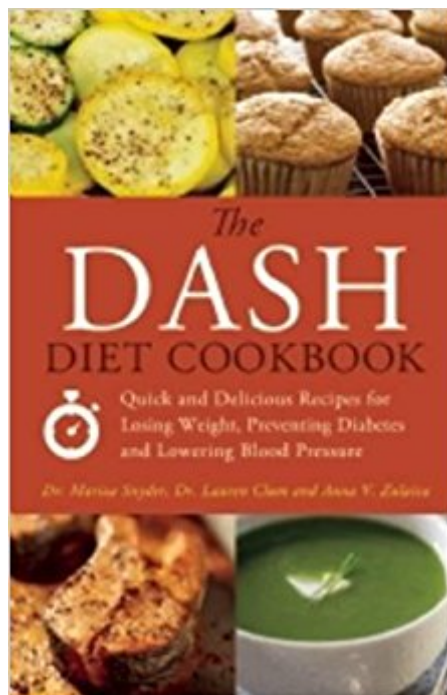




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The DASH Diet Cookbook: Quick And Delicious Recipes For Losing Weight, Preventing Diabetes, And Lowering Blood Pressure



Synopsis

The DASH Diet Made Delicious 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 BREAKFASTSâ€¢ Berry Banana Green Smoothieâ€¢ Veggie Frittata with Caramelized Onions ENERGY-BOOSTING LUNCHESESâ€¢ Mexican Summer Saladâ€¢ Chicken Fajita Wraps FAST AND FABULOUS SNACKSâ€¢ Roasted Zucchini Crostini Dipâ€¢ Grilled Sweet Potato Steak Fries SATISFYINGLY DELICIOUS DINNERSâ€¢ Turkey Meatballs in Marinara Sauceâ€¢ Ginger-Apricot Chicken Skewers TASTY AND WHOLESOME DESSERTSâ€¢ Grilled Peaches with Ricotta Stuffing and Balsamic Glazeâ€¢ 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 28-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.

Book Information

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Customer Reviews

The Antioxidant Counter: A Pocket Guide to the Revolutionary ORAC Scale for Choosing Healthy Foods-Lauren -Clum-9781569758663-7.99-Ulysses Press-2/8/11-300--

I actually know Anna. She is the nutritionist at my office cafe (yeah one of those large tech companies cafes) I interact with her a lot because of some of the stuff I do and when she found out I was dealing with high blood pressure she offered to give me counsel. I had already altered my diet and started exercising more but she had a lot of great insight to things that I could do on top. She then told me about this book as an option for some of my cooking recipes so I purchased it. I'm very pleased with the range of recipes and the fact it's not just "boring health food". It is kind of funny that I already was making things like General Tsoa Chicken and thinking theres no way I can make this super healthy but one of the dishes in the book is orange chicken! One of my favorite americanized asian dishes. I look forward to trying many of the items in the book as I continue to cook at home and experiment with a healthy palate.

I had been trying one or two recipes each week.. So far they have all been delicious and filling. The recipes are great for 'sneaking' in vegetables into the diet. Then I decided to follow the meal plan in the back of the book. I became interest in the DASH diet to help me combat inflammation. After just four weeks on the diet I noticed an improvement in joint stiffness and pain. My energy has increased. The book comes with a 28 day meal plan for 2000 calories per day that can be adjusted down to 1200. I followed the 2000 calories since weight loss wasn't my main goal (this is still probably fewer calories than I was consuming). However, with the increase in energy I still lost a few pounds without feeling hungry or deprived. The best part of the DASH diet and the recipes is that it is just plain good nutrition. Thus it is good for the whole family. You can prepare the recipe for everyone. I even served the Turkey Meatballs at a pot-luck and they were a hit.

I haven't had a chance to read it yet, only a few pages. Diet type books are not usually considered to be white knuckle page turners and this is no exception, but it gave me some great food type of pointers right up front that really put me in the receptive mood to follow this DASH diet. The price was great and it is loaded with lots of recipes that look like they will be say to follow, no outlandish exotic foods or ingredients like a lot of these type of books push. The amazing thing was I ordered this book on Sat Nov 1 with delivery to be on Monday Nov 3, but I received it on Sunday Nov 2, delivered by a USPS worker driving a nice white sedan. I couldn't believe that, seems crazy but that's Jeff's new contract with the USPS!

This is a great cookbook. Lots of good, easy to make recipes and I immediately started losing weight! Would recommend. Looking forward to my next doctor's appointment.

The recipes seem to have a weight loss focus, not a DASH (low sodium) focus. And the inclusion of salt seems so unnecessary. By that I mean some foods are difficult to find without salt but for most others, it would be so easy for the book to have pointed out where cuts in salt could easily be made. Frequently the recipes just call out an amount of salt and that's pretty easy to skip. At other times, the salt is in the can of beans, the container of broth, or cheese etc; those are the places we could use help in making reductions. Also the authors don't appear to have made a full meal plan with their recipes for there's a subtlety which arises when one does that. There are many examples but take "Stuffed Bell Peppers": 443 cal, 988mg sodium. The 988 doesn't by itself exceed the DASH limit but, to get to even a 2000 calorie diet, you'd have to have 4.5 servings ($4.5 \times 443 = 2000$) of this meal and that comes with 4400mg ($= 4.5 \times 988$) of sodium! Selecting this meal for dinner means you'd have to be extra careful on other choices during the day. The proportion of calories to sodium therefore matters. On the good side, the recipes all contain a Nutrition Facts listing; a lot of online recipes don't bother. And I believe the book's recipes are solid except for salt.

Works, bland if your used to rich food. Very diff to stick to. I always felt hungry.

This diet has changed since I did it years ago. Now it cuts down on carbs too much. I'm a woman who doesn't eat meat of any kind and I get tired of eating this limited way. My blood pressure is good and I'm not overweight but needed to lower my cholesterol. I have tailored my diet and eat only a small amount of pasta and potatoes weekly. Also I cut down on eating bread. So far so good! Not much weight loss. I'm waiting to see my doctor and have my cholesterol checked in about ten weeks. Hope, it made a difference. Karin

I love the variety of wonderful recipes and the inclusion of nutrition information, but the authors failed to include two vital pieces of information with each recipe. First, there is no mention of what the quantity of an individual serving of a recipe is. Without that, the cook will have to divide the food into the number of servings the recipe claims to make and measure the serving size herself. That's pretty tedious. Also, it would have been helpful if there had been mention of how many servings of fruit, veggies, grains, proteins, etc. that a single serving of a recipe provides. Many who follow

DASH count servings, not calories

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