

Download Dash Diet 25 Best Dash Diet Recipes For Lower Blood Pressure And Weight Loss

While following the high blood pressure diet, you are recommended to eat more fresh fruit which will increase your consumption of fiber, antioxidants, and electrolytes like potassium and magnesium. Some of the best fruits for DASH diet include berries, citrus, kiwi, apples, and melon. Beans and Legumes. The DASH diet is based on medical research. Although the original goal of this eating plan was to lower blood pressure, the diet has helped many people shed unwanted pounds and develop a healthy lifestyle. The DASH diet doesn't make you starve or constantly crave. The DASH diet also recommends introducing more low-fat protein into your diet, as well as whole grains and lots of fruits and vegetables. This includes leafy greens, potatoes, beets, and fruits like berries and bananas. Drinking skim milk is another way to reduce the risk of developing high blood pressure as well. The DASH diet was designed specifically to help people at risk for heart disease to lower blood pressure. It's also just a really healthy way to eat. We explain all the details. ... heart LiveWell Cooking Demos Recipes sports medicine weight loss weight management.