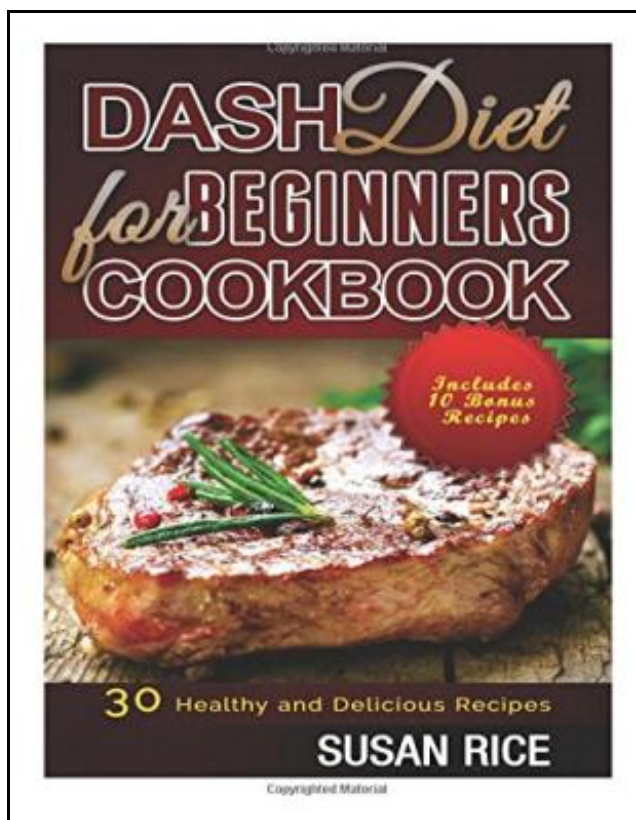# Dash Diet for Beginners Cookbook: 30 Healthy and Delicious Recipes (Includes 10 Bonus Recipes) (Paperback)

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Reviews

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DASH DIET FOR BEGINNERS COOKBOOK: 30 HEALTHY AND DELICIOUS RECIPES (INCLUDES 10 BONUS RECIPES) (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The DASH Diet is an important strategy for anyone who wants to lower their blood pressure and improve their overall health without dealing with risky medications and their side effects. This simple diet focuses on low fat, low cholesterol foods and natural ingredients, making it inexpensive and easy to follow. Plus, you ll be surprised by how delicious heart healthy foods can be. If you ve been warned about the possible dangers of high blood pressure and a normal diet, it s time to make some changes. The recipes contained in this book don t encompass the entire range of DASH diet options, but they will give you an idea of how you can change your favorite foods to fit the diet plan. In general, they focus on reducing the fat, cholesterol and refined carbohydrates in a dish without losing out on flavor. If you ve experienced too many flavorless health foods, these recipes could be the solution that you ve been hoping for. The recipes in this book range from very simple to multi-step preparations for fancier occasions, but you don t have to be a master chef to prepare them. While several of them rely on slightly unusual ingredients, you should be able to find these at many standard grocery stores. The extra flavor they give to your meals makes it worthwhile to seek these foods out. You don t have to jump straight into preparing just DASH diet recipes, either. You can incorporate a few of these dishes into your normal routine, increasing them until you re eating healthy all week long. That s what makes the DASH diet such a good idea. It helps...

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