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Dash diet - wikipedia, the free encyclopedia

Further reading . Heller, Marla (2011). The DASH Diet Action Plan: Based on the National Institutes of Health Research, Dietary Approaches to Stop Hypertension.

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Dash diet -- what you need to know -- us news

First, decide how much you want to read. The National Heart, Lung, and Blood Institute (NHLBI), which helped develop DASH, publishes free guides on the plan.

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Dash diet

The DASH Diet Eating Plan US News & World Reports: Best and Healthiest Diet Plan. DASH Diet in the news. . February 24, 2015. How serious is prehypertension?

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