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The DASH (Dietary Approach to Stop Hypertension) diet helps you control your blood pressure. It's simpler, and tastier, than you may think. It's simpler, and tastier, than you may think.

** If you already know what the DASH diet is and want to dig in further on this topic, we highly recommend the Everyday DASH Diet Cookbook by Marla Heller. It's a fantastic compilation of over 150 recipes designed to speed up weight loss, lower blood pressure and prevent diabetes.

The DASH diet was ranked the #1 best overall diet for 2018 by panel of health experts. Get started on a path to better health and weight loss with these recipes that follow the Dietary Approaches to Stop Hypertension eating plan.

The Dash Diet – What is It? The Dash Diet lowers your blood pressure and also maintains it once it is lowered. Dash stands for Dietary Approaches to Stop Hypertension.

10 meal plan ideas for 5:2 fast days. March 7th 2017 / Katie Robertson / 2 comments We all know 5:2 fast days can be a bit tough, so we've come up with 10 quick and easy 5:2 recipe plans to solve your dieting dilemmas for when you're eating under 500 calories. With only 500 calories to work with on fast days as part of the original 5:2 diet, it can be pretty tricky to find dishes that are both ...

Don't Miss: Healthy DASH Diet Recipes. The focus of the DASH Diet is more about what you can eat, rather than cutting foods out, like many trendy diets do these days, such as Whole30 and the ketogenic diet, which call to eliminate certain food groups altogether.

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