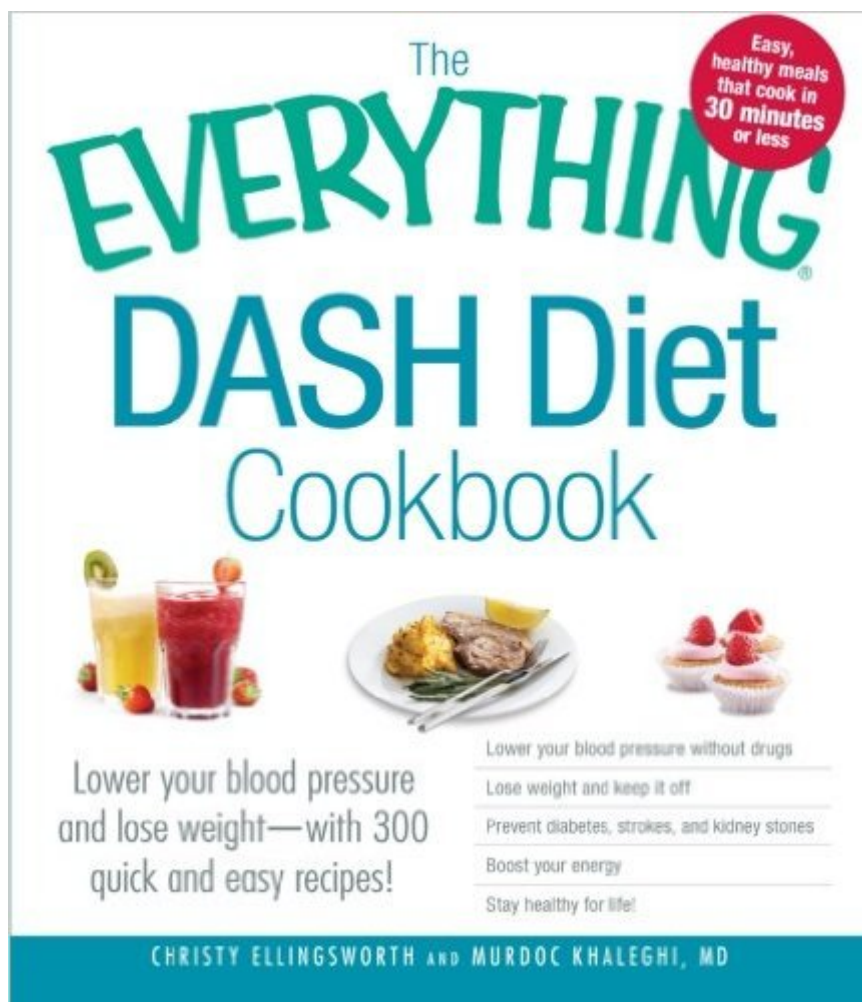


The book was found

The Everything DASH Diet Cookbook: Lower Your Blood Pressure And Lose Weight - With 300 Quick And Easy Recipes! Lower Your Blood Pressure Without ... Boost Your Energy, And Stay Healthy For Life!





Synopsis

Take care of your heart—and your waistline! Studies show that the DASH (Dietary Approaches to Stop Hypertension) diet, rich in fruits, vegetables, and low-fat dairy products, can help lower blood pressure in just fourteen days! It is also one of the smartest and healthiest ways to lose weight and curb diabetes risk—all without the use of medications. The Everything DASH Diet Cookbook contains 300 recipes—all made in 30 minutes or fewer, including: Maple Walnut Scones Ahi Tuna with Grape Tomato Salsa Philly Cheesesteaks Asparagus, Swiss, and Ricotta Frittata Pumpkin Whoopie Pies The DASH diet is not a quick-weight-loss, trendy diet. It's a new way of eating that can change your life. And the easy-to-make meals won't leave you feeling deprived—of taste or time.

Book Information

Series: Everything—®

Paperback: 304 pages

Publisher: Adams Media; 1 edition (November 18, 2012)

Language: English

ISBN-10: 1440543534

ISBN-13: 978-1440543531

Product Dimensions: 8 x 0.7 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars— See all reviews— (58 customer reviews)

Best Sellers Rank: #222,189 in Books (See Top 100 in Books) #24 in— Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #98 in— Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #1770 in— Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

Just got this book, and I am pleased with the wide variety of recipes - looking forward to trying many of them. BUT I am VERY disappointed that the recipes do not give a breakdown of the DASH servings per recipe. There is an introductory chapter that says you need 6 - 8 daily servings of whole grains/day - but does not mention that one serving is about 1/3 cup (I believe). The recipe for, say, Fruit Pizza, says that it makes 12 servings total - but how many of the DASH whole grain servings per serving is that? how many fruit DASH servings (4 - 5 daily servings) is one serving of the pizza? There is a recipe for granola that says it makes 10 cups, and each serving of granola is 266 calories, 10 g fat, etc. - but NOWHERE does it say how big one serving is. (The index is not

good either - if you look up granola under "G", it's not there - you have to remember that it is in the "Breakfast" chapter - look up the index category "Breakfast" - and there you find it. So frustrating.) So I don't know if a serving is 1 cup or 1/2 cup or 1/4 cup - BIG difference!! I hope the authors revise their recipes to include what DASH servings each recipe contains, and clarify how much ALL their recipes are per serving.

I preordered this cookbook as soon as I learned it was available to do so. Like one of the authors, Christy Ellingsworth, I was also diagnosed with Miniere's. Current treatment along with meds is being on a low-sodium diet. I am always on the lookout for tasty low-sodium recipes, and I know from previous experience with another cookbook of Christy's that this book would deliver. I miss certain foods like Chinese because the sodium content-due mainly to soy sauce-prevents me from enjoying it. Low and behold, a recipe for Faux Soy Sauce! Christy and Dr. Khaleghi have brought taste and good nutrition back to my food! This cookbook is sure to be a lifesaver in more ways than one! I can't wait to try every recipe!

The dash diet is probably the best diet to follow for gaining heart health, controlling cholesterol, and blood sugar levels of diabetes. The recipes are easy to follow and remarkable good when you aren't sure what your dr. means when he says "no salt, no sugar, no fats". This book shows you it can work doing without all of that and using substitutes offered.

I love the new way of DASH eating, I am off blood pressure meds and down ten lbs. and more inches. This works!!

I found good recipes and this is book was a good guide for me to follow. I would recommend this book

I love this book. It has helped me with the diet. It is hard to find cookbooks that help out with not using salt and this one does with great tasting receipes.

I liked this because while it wasn't frilly (beautifully composed pictures, thick paper, etc) it did have "normal" recipes I actually make. By that I mean not overly complicated, exotic, expensive. It is perfect for my typical mid-American taste and kitchen. Not to say I don't like complicated and expensive, but I'm looking for healthy recipes using regular ingredients that I will actually make

regularly at home and this book nails it.

There's a lot of recipes in here that seem pretty good. I was interested in healthier cooking and exploring DASH Diet recipes. So far everything I've made from this book has been a bit bland and I've noticed the emphasis in this book seems to be a lot more on low-sodium than any other health element. To me there is a lot of sugar in many of these recipes. If you're a sweet-toothed person that wants low-sodium cooking, this would be a good choice. It was also near half-way through the book (or maybe more) before I got to the main dish dinner type dishes (pork, beef, poultry, vegetarian meals, etc.) Before that there were several other chapters with things like non-dessert baked items, drinks, dips/condiments, appetizers, etc. I would have liked those to be the later chapters. I kept thinking "Where's the REAL food?" I wouldn't consider it the best for weight loss dieting, and a lot of the recipes need a little revamping to give them more flavor, but it's been helpful for me since I basically didn't know how to cook at all before. Overall not a bad book, just not as healthy and meal-oriented as I expected.

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