



## The DASH Diet for Weight Loss: Lose Weight and Keep It Off--The Healthy Way--With Americas Most Respected Diet

By Mark Jenkins

Pocket Books. Paperback. Book Condition: New. Mass Market Paperback. 464 pages. The 1 diet plan in America for eating healthfully is now a weight-loss plan, too. CHOOSE THE PERFECT MEAL PLAN FOR YOUR DIETARY AND CALORIC NEEDS! Named the Best Overall Diet by U. S. News and World Report two years in a row and recommended by the US Department of Agriculture, the DASH Diet is not only the most effective diet for reducing the risk of hypertension, heart disease, kidney disease, and colon cancer, its also the best way to reach your healthiest weight and stay there! Adapted specifically for weight loss by the chairman of the world-class team that created the DASH Diet, this natural and affordable program is designed for long-lasting results. The DASH Diet for Weight Loss features extensive, easy-to-follow meal plans for meat eaters and vegetarians, plus practical tools and advice that will help you: Calculate and meet calorie targets and learn what counts as a serving Add exercise to ramp up your fitness Keep a food log and plan a menu Adapt your favorite recipes for a healthier lifestyle Maintain your weight loss over time Dietary Approaches to Stop Hypertension This item ships from multiple locations. Your...



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