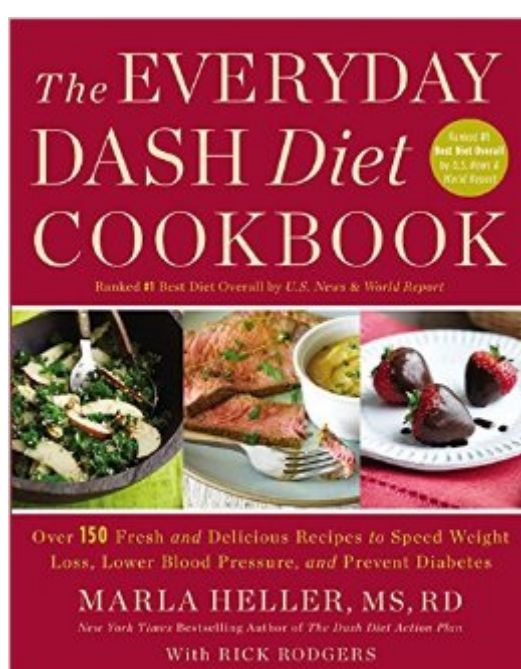


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# The Everyday DASH Diet Cookbook: Over 150 Fresh And Delicious Recipes To Speed Weight Loss, Lower Blood Pressure, And Prevent Diabetes (A DASH Diet Book)



## Synopsis

THE DASH DIET IS HEALTHY AND DELICIOUS A healthy diet is only as good as the food it provides in its plan. Now in THE EVERYDAY DASH DIET COOKBOOK, bestselling author and foremost DASH expert Marla Heller, together with bestselling cookbook writer Rick Rodgers, makes it easy to prepare home-cooked meals that are fresh, fabulous, and DASH-approved. The DASH diet is a required medical recommendation for patients diagnosed with hypertension or pre-hypertension, a group of almost 130 million people, and this ultimate guide to cooking the DASH way serves up everything necessary to maintain a healthy lifestyle. With recipes such as Cinnamon French Toast with Raspberry Sauce, Filet Mignon au Poivre, Yankee Clam Chowder, and Chocolate Fondue with Strawberries, eating health has never been so easy and delicious.

## Book Information

Series: A DASH Diet Book

Hardcover: 240 pages

Publisher: Grand Central Life & Style; 1 edition (June 4, 2013)

Language: English

ISBN-10: 1455528064

ISBN-13: 978-1455528066

Product Dimensions: 7.8 x 1 x 9.8 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (339 customer reviews)

Best Sellers Rank: #2,132 in Books (See Top 100 in Books) #3 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #16 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

## Customer Reviews

This book has the ability to change countless lives. Eating more fruits, veggies and whole grains can only improve anyone's life, particularly those of us who rely on restaurants, take out, and yes our beloved Costco pre-made foods, to feed our overworked, tired, too sedentary bodies. This diet can teach you how to enjoy food that tastes like nature intended it to taste, minus the fat, sugar and especially SODIUM that we love and crave so much. I only gave this cookbook a 3 Star rating because of two things. First, the portions are too small. Yes, I know that nutritionists want us to eat tiny meals up to ten times per day, drink only water and never drink more than 4 oz per wine a day. HA! Let them try to live with my husband on that plan for a week! I'd rather not!! So...why not keep

portions large enough to satisfy large, hungry people and yet fill those plates with more veggies, fruits and lean meats. This diet claims to do this, but the actual portions given in the recipes are very small, even in the veggie dept. The second reason this book is not a winner in my opinion is because the title is misleading. I wouldn't use these recipes "Everyday," as they are too complicated and time consuming for daily use. I will keep the book, as it certainly has some recipes worth making but it isn't one I would grab for a quick dinner after a long day. The American Heart Association Cookbook would be a much better choice, the newer one not one of the older ones, as the recipes in the older ones tended to be bland and boring. Also, going back in time, it is well worth giving space on your cookbook shelf to Jane Brody's Good Food Book. I'm not sure it's in print but get it if you can! She believed in large, filling portions but small amounts of meat, fat and sodium.

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