

DASH Diet Education

Dietary Approaches to Stop Hypertension

The DASH (Dietary Approaches to Stop Hypertension) was a research study testing how what we eat effects our blood pressure. A diet reduced in total and saturated fat and rich in fruits, vegetables, and low-fat dairy foods was found to significantly lower blood pressure. In participants who had high blood pressure, the DASH diet lowered blood pressure to about the same levels as does blood pressure medicines. The DASH diet offer an important way to prevent and treat high blood pressure.

The DASH Diet and the DASH Diet Diary provide information about the DASH diet and how to follow it at home. The DASH eating plan is based on 2,000 calories a day. This eating plan from the DASH study is rich in fruits, vegetables, and low fat dairy foods, and low in saturated and total fat.



DASH Diet

8" x 10" 8 pages

Item #DASHBR \$47.50 for 50

Quantity Discounts Available



DASH Diet Diary

8" x 10" 8 pages

Item #DDBR \$47.50 for 50

Quantity Discounts Available



To order: Call 678-475-9988 • Fax 678-475-9888

or

Visit mediapartnersinc.com

Questions? E-mail us at info@mediapartnersinc.com

Please request review copies by e-mail or fax.

MEDIA PARTNERS