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fat. Remove skin from
chicken, duck, goose
and other poultry. The
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provided between 1
and 2 servings of meat,
fish or poultry a
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isn't unique - it is very
similar to Canada's
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Canada's Food Guide
and the DASH diet
focus on vegetables,
fruit, whole grains and
protein choices such as
nuts, seeds, beans,
lean meats, poultry,
fish and low-fat dairy
foods. The DASH diet is
also low in saturated
fat, sugar and
salt. DASH Diet | Heart

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Foundation The main
aim of the DASH diet is
to reduce high blood
pressure. A person will
eat fruits, vegetables,
whole grain, low-fat
dairy foods, poultry,
fish, nuts, and beans,
but they will limit their
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The Dash Diet Fish Recipes | SparkRecipes

The DASH Diet MyLowerBloodPressure.com Dr Sarah Brewer 3 Meat and Fish: If you eat red meat, select lean cuts that are trimmed of visible fat. Remove skin from chicken, duck, goose and other poultry. The DASH diet typically provided between 1 and 2 servings of meat, fish or poultry a day.

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Here is a detailed overview of what it is, who should try it and how to do it.

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The DASH diet isn't unique - it is very similar to Canada's Food Guide. Both Canada's Food Guide and the DASH diet focus on vegetables, fruit, whole grains and protein choices such as nuts, seeds, beans, lean meats, poultry, fish and low-fat dairy foods. The DASH diet is also low in saturated fat, sugar and salt.

DASH Diet Eating Plan: Foods to Avoid & Foods to Eat

your doctor may recommend you start using the dash diet to lower your high blood pressure. dash stands for dietary approaches to stop hypertension.

The DASH Diet - A Detailed Beginner's Guide and Food List

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