



Plan de dieta DASH: Guía definitiva de la dieta DASH para perder peso (Spanish Edition)

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Basado en los dos estudios de investigación clave que fueron respaldados por el Instituto del Corazón, Pulmón y Sangre (NHLBI por sus siglas en inglés), la presión sanguínea, en realidad, puede reducirse mediante un plan dietario que no sólo incluya cantidades bajas de grasas totales, colesterol y grasas saturadas, sino que también esté compuesto principalmente por leche y productos derivados bajos en grasas o sin grasas, vegetales y frutas. El plan alimenticio que han determinado ha sido, desde ese momento, llamado el plan de alimentación DASH; el cual se compone principalmente de frutos secos, aves, pescado y productos de grano integral. Incluye un consumo mínimo de bebidas azucaradas, azúcares agregados, dulces y carnes rojas magras.

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