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Easy dash diet recipes - webmd

The DASH diet can help lower your blood pressure. WebMD gives you recipes that work for the DASH diet to use all day long.

Peanut butter & banana breakfast smoothie - dash

With the potassium provided by the non-fat milk and the banana in this simple breakfast, this recipe is a DASH Diet dream!

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The dash diet for heart health | epicurious.com

Read The DASH Diet for a Healthy Heart - Eat sensibly to lower blood pressure and cholesterol, and reduce your risk of heart disease

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Sarah Carter is a health coach and dash diet advocate. Once Struggling with weight and hypertension, she turned to the dash diet which helped her to keep her

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