

Combining The Dash And Mediterranean Diets For Optimal Health

The DASH and Mediterranean diets are two of the most popular healthy eating plans in the world. Both diets emphasize fruits, vegetables, whole grains, and lean protein. However, there are some key differences between the two diets.

The DASH diet was developed by the National Institutes of Health (NIH) to help lower blood pressure. The diet is rich in fruits, vegetables, and whole grains, and it includes moderate amounts of lean protein and low-fat dairy products. The DASH diet also limits saturated fat, cholesterol, and sodium.



Diets To Try In The New Age: Combining The Dash And Mediterranean Diets For Optimal Health by Bojana Cvejic

★★★★☆ 4.8 out of 5

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The Mediterranean diet is a traditional eating plan that is based on the foods that people in the Mediterranean region have eaten for centuries. The diet is rich in fruits, vegetables, whole grains, and olive oil. It also

includes moderate amounts of lean protein and fish. The Mediterranean diet is low in saturated fat and cholesterol.

Both the DASH and Mediterranean diets have been shown to be effective in improving heart health. The DASH diet has been shown to lower blood pressure, and the Mediterranean diet has been shown to reduce the risk of heart disease.

Combining the two diets can provide the best of both worlds, helping to reduce blood pressure, improve heart health, and promote overall well-being. Here are some tips for combining the DASH and Mediterranean diets:

- **Eat plenty of fruits and vegetables.** Both the DASH and Mediterranean diets emphasize fruits and vegetables. Aim to eat at least five servings of fruits and vegetables each day.
- **Choose whole grains over refined grains.** Whole grains are a good source of fiber, which can help to lower blood pressure and cholesterol. Choose whole-wheat bread, brown rice, and oatmeal over white bread, white rice, and sugary cereals.
- **Include lean protein in every meal.** Lean protein is important for maintaining a healthy weight and building muscle. Good sources of lean protein include fish, chicken, beans, and tofu.
- **Limit saturated fat and cholesterol.** Saturated fat and cholesterol can raise blood pressure and cholesterol levels. Limit saturated fat to no more than 6% of your daily calories. Limit cholesterol to no more than 300 milligrams per day.

- **Choose low-fat dairy products.** Low-fat dairy products are a good source of calcium and vitamin D. Choose low-fat milk, yogurt, and cheese over full-fat dairy products.
- **Use olive oil as your main cooking oil.** Olive oil is a healthy fat that can help to lower blood pressure and cholesterol levels. Use olive oil in salad dressings, marinades, and when sautéing vegetables.
- **Limit sugar and processed foods.** Sugar and processed foods can contribute to weight gain and other health problems. Limit sugar to no more than 10% of your daily calories. Limit processed foods, such as chips, cookies, and soda.

Combining the DASH and Mediterranean diets is a healthy way to improve your heart health, lose weight, and promote overall well-being. By following these tips, you can enjoy the benefits of both diets.

Benefits of Combining the DASH and Mediterranean Diets

Combining the DASH and Mediterranean diets can provide a number of benefits, including:

- **Lower blood pressure.** The DASH diet has been shown to lower blood pressure in people with high blood pressure. The Mediterranean diet has also been shown to have a modest effect on blood pressure.
- **Reduce the risk of heart disease.** The Mediterranean diet has been shown to reduce the risk of heart disease in people with a high risk of developing the condition. The DASH diet may also help to reduce the risk of heart disease.

- **Promote weight loss.** Both the DASH and Mediterranean diets are weight loss-friendly. The DASH diet is a low-calorie diet, and the Mediterranean diet is a low-fat diet. Both diets can help you to lose weight and keep it off.
- **Improve overall well-being.** The DASH and Mediterranean diets are both healthy eating plans that can help to improve your overall well-being. Both diets are rich in fruits, vegetables, and whole grains, which are all good for your health.

If you are looking for a healthy eating plan that can help you to improve your heart health, lose weight, and promote overall well-being, then combining the DASH and Mediterranean diets is a great option. By following these tips, you can enjoy the benefits of both diets.

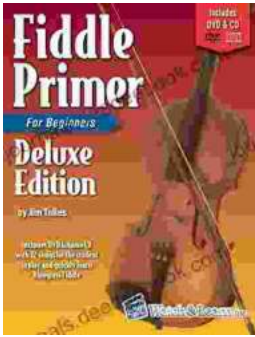


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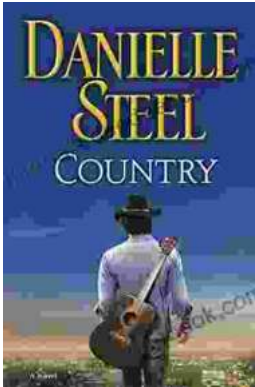
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