**SC CATERING – D.A.S.H Diet Info**

**Section A: Learning about the D.A.S.H Diet**

**Focus:** The focus is to lower blood pressure. It is also known as Dietary Approaches to Stop Hypertension.

**Typical Foods:** Fruits, vegetables, lean proteins, whole grains, low-fat dairy, low sodium, and low saturated fats.

*Apart of this journey as your chef would mean we together will curate awesome meal prep ideas based on your preferences. I can also offer suggestions based on my prior knowledge.*

**Section B: Key Points**

* This is a very well-studied diet and is generally heart healthy.
* Flexible and accessible for most people.
* Emphasizes potassium, calcium, and magnesium
* Limit red and processed meats, sodas, sweets, and sodium.
* <https://oceanbox.com/blogs/news/the-dash-diet?msclkid=4f50486ea5e616c8c3e82063eff2cd78>

**Section C: Health Benefits**

1. Lowers blood pressure.
2. Reduces risk of heart disease.
3. Supports healthy weight loss.
4. Improves blood sugar control.
5. Lowers risk of stroke.
6. Supports kidney health.
7. Reduces risk of certain cancers.
8. Improves overall nutrient intake.