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**Dash diet - wikipedia, the free encyclopedia**

The DASH diet (Dietary Approaches to Stop Hypertension) is a dietary pattern promoted by the U.S.-based National Heart, The DASH Diet Action Plan:

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The DASH Diet Eating Plan US News & World Reports: Best and Healthiest Diet Plan. DASH Diet in the news. . February 24, 2015. How serious is prehypertension?

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