

DASH Diet

It Can Help You Lose Weight, Lower Blood Pressure, and Prevent Diseases!*



Looking for more than just another quick fix? DASH for Health is an online nutrition and exercise program that promotes healthy habits for life.

All nutritional advice is based on the DASH diet, which is scientifically proven to help you lose weight, reduce cholesterol and lower blood pressure. (DASH stands for Dietary Approaches to Stop Hypertension.) The DASH diet also follows the dietary recommendations to prevent osteoporosis, cancer, heart disease, stroke and diabetes.

The DASH Diet has received the ranking of #1 Best Overall Diet by U.S. News & World Report for seven consecutive years. It's also recommended by the USDA and the American Heart Association.

What is the DASH diet?

The DASH diet eating plan:

- ▶ Is rich in fruits, vegetables, and low-fat dairy.
- ▶ Includes mostly whole grains, lean meats, fish and poultry, nuts and beans.
- ▶ Is high in fiber and low to moderate in fat.
- ▶ Follows U.S. guidelines for sodium content, vitamins and minerals.
- ▶ Lowers blood pressure and cholesterol, and makes it easy to lose weight.
- ▶ Is designed to be flexible enough to meet the lifestyle and food preferences of almost anyone.

How does DASH for Health work?

This online program is designed to help you improve your eating and exercise habits with variety. As a member of DASH for Health, you will:

- ▶ **Use an online calculator to calculate your daily** calorie target and how much you should be eating in each of the DASH food groups.
- ▶ **Select an easy-to-follow meal plan that's** right for you based on your calorie target.

- ▶ Access hundreds of well-balanced and delicious recipes.
- ▶ **Receive twice-weekly email tips that cover** topics such as starting an exercise program, eating at restaurants, food preparation, shopping for healthy foods and more.
- ▶ **Use the online tools to track food intake**, your weight and blood pressure, the amount of exercise, your progress, and areas that need more attention.
- ▶ **Connect to the DASH for Health Food Tracker** App and Fitbit devices, and automatically upload food and exercise tracking to the DASH for Health website.

Ready to get started?

Tufts Health Plan commercial members are eligible to enroll in the program at 50% off the regular six month subscription rate.

To learn more and sign up, go to:
<http://tuftshealthplan.dashforhealth.com>

Coupon code: THP

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