



Recetas de la dieta Dash: plan de alimentación fácil y rápido para bajar de peso (Spanish Edition)

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La dieta DASH o enfoque dietético para detener la hipertensión es un plan de dieta recomendado para personas que desean controlar o reducir sus niveles de presión arterial. El énfasis principal del plan de dieta DASH es reducir el consumo de sodio. Sin embargo, también se le da mucha importancia al alto consumo de nutrientes como el calcio, magnesio y potasio, los cuales ayudan a disminuir la presión arterial.

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