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5. Go Lean With Protein. Eat Lean Or Low-fat Meat, Chicken, Turkey And Fish. Also, Eat More Beans And Peas. Add Chick Peas, Nuts Or Seeds To A Salad; Pinto Beans To A Burrito; Or Kidney Beans To Soup. 6. Change Your Oil. We All Need Oil. Get Yours From Fish, Nuts And Liquid Oils Such As Co 4th, 2024

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The Complete Idiot's Guide To DASH Diet Cooking. New York: Alpha Books, 2012. Riolo, Amy. The Ultimate Mediterranean Diet Cookbook. Beverly, MA: Fair Winds

Press, 2015. Rust, Rosanne. DASH Diet For Dummies. ... Low Carb, Low Sodium, Vegan, Gluten Free And Many Others To Choose From. This Makes It Easy To Eat Healthy And Stay On Your Diet When ... 1th, 2024

OLDER HYPERTENSIVE PATIENTS ADHERENCE TO HEALTHY LIFESTYLE ...

They Retained Harmful Lifestyles Behaviors Such As Physi-cal Inactivity And Nonantihypertensive Diet, While Smok-ing Cessation Was Accepted (5). On The Other Hand, The Age Is Not Significant Predictor Of Adherence To Physical Exercise, While The Exercise Duration Correlates Well With The Percentage Of Adherence (6). In Addition, Self-care 3th, 2024

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