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O livro apresenta os princípios da dieta DASH ou “Abordagem Dietéticas Para Parar A Hipertensão” é um plano de alimentar recomendado para pessoas que desejam controlar ou diminuir a sua pressão arterial elevada. A ênfase principal do plano de dieta DASH é menor consumo de sódio. Mas enfatiza também a importância dada ao aumento do consumo de alimentos ricos em cálcio, magnésio e potássio, que são conhecidos nutrientes para ajudar na redução da pressão arterial.

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