

## References: Incorporating DASH Diet Principles into Everyday Living

DASH Diet

<https://www.ncbi.nlm.nih.gov/books/NBK482514>

DASH Diet, 20 Years Later

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5509411>

The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of HPB

<http://www.nhlbi.nih.gov/health-pro/guidelines/current/hypertension-jnc-7>

Consumer guide

[https://www.nhlbi.nih.gov/files/docs/public/heart/dash\\_brief.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf)

Encore Study

<https://www.ncbi.nlm.nih.gov/pubmed/20101007>

Historical Reference

[http://www.nhlbi.nih.gov/files/docs/guidelines/jnc6\\_archive.pdf](http://www.nhlbi.nih.gov/files/docs/guidelines/jnc6_archive.pdf)

Ongoing Sprint Trials

<https://www.nhlbi.nih.gov/science/systolic-blood-pressure-intervention-trial-sprint-study>

High Blood Pressure Guidelines

<http://csc.cma.org.cn/attachment/2014315/1394884955972.pdf>

2014 Evidence-Based Guidelines for the Management of HBP in Adults: Report from the Panel Members Appointed to the Eighth Joint National Committee (JNC 8). JAMA 2014;311(5):507-520.

<http://csc.cma.org.cn/attachment/2014315/1394884955972.pdf>