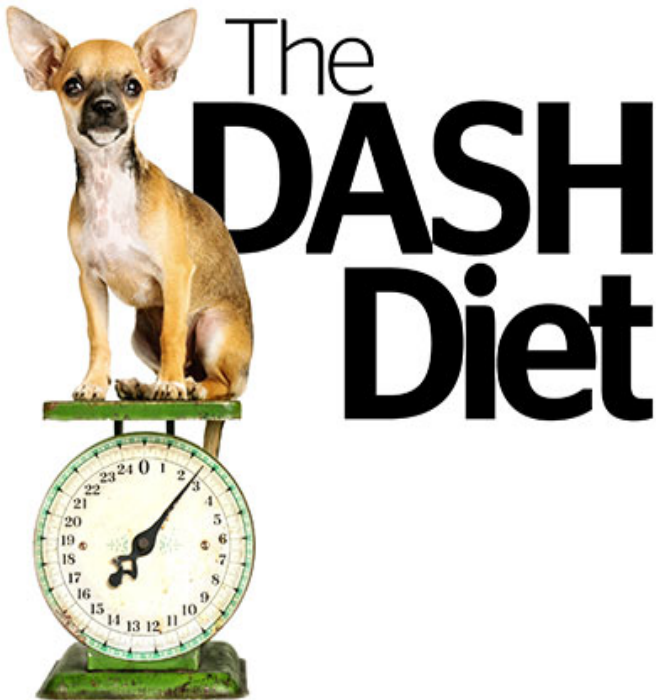


5 Diets Top Nutritionists Recommend

www.redbookmag.com

They're healthy and well-balanced, and they help keep those stubborn pounds off for good. Bottom line? Tried and true is the new black.



The National Heart, Lung, and Blood Institute designed [DASH](#) (Dietary Approaches to Stop Hypertension) to help Americans lower their sodium intake and blood pressure, but it turns out they also stumbled upon an excellent weight-loss regimen. “Like any healthy diet, it’s chock-full of fruits and vegetables, and includes protein at each meal so you feel satisfied,” says **nutritionist Franci Cohen**. “Plus, unlike fad diets, it doesn’t eliminate carbs.” Cutting back on sodium and eating foods rich in potassium, calcium, and magnesium is good for your blood pressure and helps stave off osteoporosis, cancer, and diabetes. Best of all, the DASH diet factors in lots of fruits, veggies, grains, lean protein, healthy fats, and even sweet treats, making it realistic to follow in the long-term.