

SENATE RESOLUTION NO. 100

BY SENATOR CLAITOR

A RESOLUTION

To recognize Monday, April 16, 2018, as DASH Diet Day at the Louisiana Senate and to commend LSU's Pennington Biomedical Research Center for its contributions to developing the DASH Diet, an acclaimed nutritional weight-loss program.

WHEREAS, the DASH (Dietary Approaches to Stop Hypertension) Diet was developed as a result of a federally funded trial which included four sites across the United States of America, including LSU's Pennington Biomedical Research Center; and

WHEREAS, U.S. News & World Report in 2018 voted the DASH Diet #1 in best diet overall for the eighth year in a row; and

WHEREAS, the researchers at LSU's Pennington Biomedical Research Center finalized the diet; and

WHEREAS, studies confirmed that DASH Diet results are so significant that it is the main diet promoted by the National Heart, Lung, and Blood Institute of the National Institute of Health; and

WHEREAS, the diet emphasizes fruits and vegetables, low-fat dairy, and whole grains, and is a lower fat diet with slightly higher protein; and

WHEREAS, while the National Cancer Institute recommends five servings of fruits and vegetables, the DASH Diet recommends eight to ten servings, earning its recommendation as a cancer-preventive diet; and

WHEREAS, the inclusion of dairy products in the diet is consistent with recommendations for reduction of osteoporosis; and

WHEREAS, Americans' diets tend to lack an adequate amount of fiber, the focus on fruits, vegetables, and whole grains in the DASH Diet will assure increased consumption of fiber in the diets of those who follow it; and

WHEREAS, overall, the DASH Diet has been found to promote a healthier lifestyle and weight management, a concept confirmed in follow-up studies at LSU's Pennington Biomedical Research Center and other sites across the United States of America.

THEREFORE, BE IT RESOLVED that the Senate of the Legislature of Louisiana does hereby recognize Monday, April 16, 2018, as DASH Diet Day.

BE IT FURTHER RESOLVED that the Senate of the Legislature of Louisiana does hereby commend LSU's Pennington Biomedical Research Center for its international leadership in nutritional research as evidenced by its key contributions to the DASH studies that led to the creation of the DASH Diet, a scientific eating plan proven to lower blood pressure and promote better health.

BE IT FURTHER RESOLVED that a copy of this Resolution be transmitted to the executive director of LSU's Pennington Biomedical Research Center.

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PRESIDENT OF THE SENATE