

## **Abstract**

**Back ground:** Metabolic syndrome (MetS) is a clustering of cardiovascular risk factors. Lifestyle interventions including diet have been recommended for the management of MetS. Dietary Approaches to Stop Hypertension (DASH) is rich in vegetables, fruits, whole grains, fiber, low-fat dairy products, Mg, K, Ca and low Na content, all of which have been shown to affect MetS. The studies done on the beneficial effects of DASH diet on MetS are limited.

**Objectives:** To determine the effects of (DASH) versus Usual Dietary Advice (UDA) on MetS in adults.

**Methodology:** This is a prospective interventional controlled study conducted on 120 adults diagnosed with MetS using the NCEP/ATPIII, attending the family medicine clinics in Cairo University. The participants were randomly allocated to follow DASH or UDA for 12 weeks. The criteria of MetS were assessed at the beginning and end of the study.

**Results:** DASH diet significantly improve all the components of Mets with percent change: WC-2.6%, TG& HDL (-6.1& 6.7%), FBG -5.4%, systolic &diastolic BP (-10 &-7.1%). UDA also significantly improve the components of MetS with percent change: WC-1.8%, TG& HDL (-2.7& 2.6%), FBG-3.6%, systolic &diastolic BP (-4.8 &-3.2%). DASH diet resulted in 30% improvement in the prevalence of MetS and most of improvement was due to improvement of BP, followed by TG and FBG.

**Conclusion:** DASH diet is an ideal, easy and flexible diet that can be considered as a treatment modality for MetS.

**Key words:** DASH, metabolic syndrome.