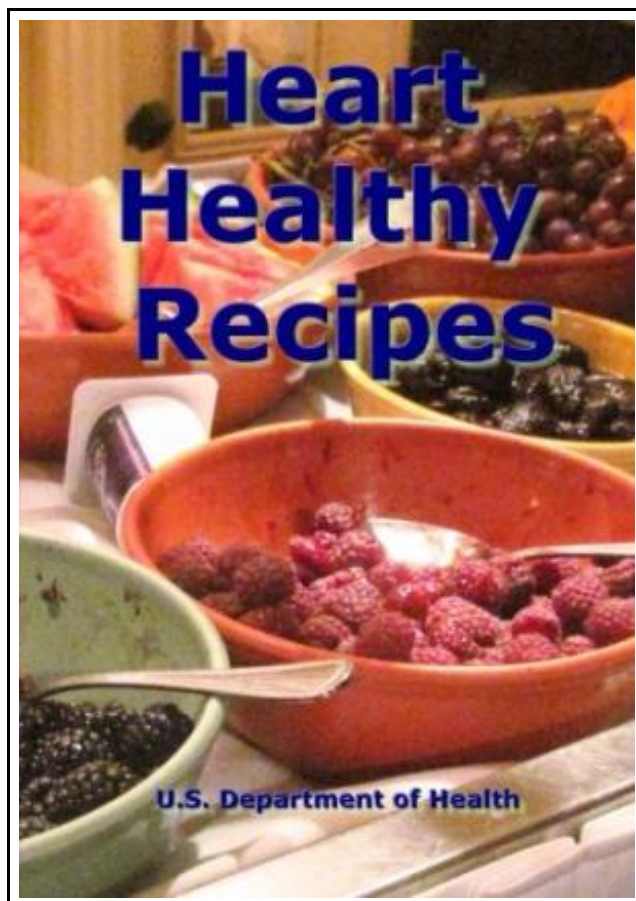


Heart Healthy Recipes



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(Dr. Reta Murphy)

HEART HEALTHY RECIPES



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 154 pages. Dimensions: 10.0in. x 7.0in. x 0.3in. This book is B and W copy of the government agency publication. HERES SOME TERRIFIC NEWS! Whats good for your heart is great for your taste buds. As the recipes in this special collection will show, you dont have to lose flavor to gain health. Cooking up heart health requires no secret ingredients. It simply means making dishes that are lower in saturated fat, cholesterol, and total fat, and reduced in sodium. And, as an extra plus, these dishes have fewer calories than those higher in fat. It means enjoying Crispy Oven-Fried Chicken, Red Hot Fusilli, Stir-Fried Beef and Potatoes, Apricot-Orange Bread, Crunchy Pumpkin Pie, and a Summer Breezes Smoothie. The recipe collection was developed by the National Heart, Lung, and Blood Institute (NHLBI) to help Americans keep their heartbeat strong. It includes dishes from a variety of ethnic cuisines to suit virtually every taste. The dishes will even tempt children. Thats important because good eating habits need to start early. So, cook up some Delicious Oven French Fries and teach your kids how good health can taste. Chances are, theyll want another lesson. Besides recipes, the collection also offers information on special topics, such as how diet affects key factors involved in heart health, how to use the Nutrition Facts Label, how to make healthier meals out of those old family favorites, why fiber matters, and how to reduce salt and sodium in dishes. Check the table of contents for a listing of these topics. Youll also find a list of certain nutrients for each recipe. This list tells you how much the dish has of nutrients important to health so you can keep track of your...



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