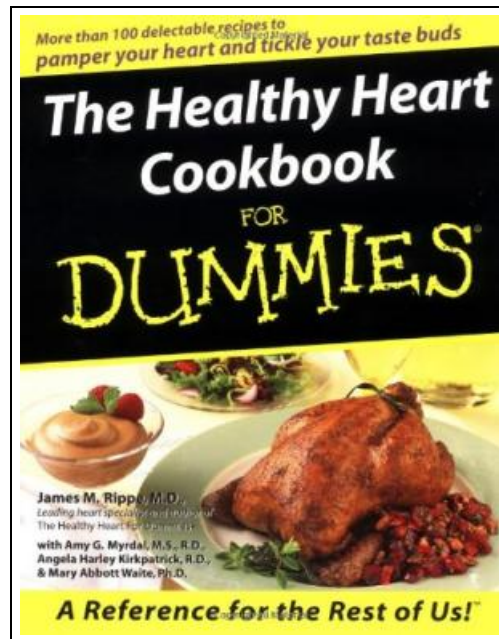


## The Healthy Heart Cookbook for Dummies



Filesize: 8.6 MB

### Reviews

*Undoubtedly, this is the greatest operate by any article writer. It is actually written in straightforward words instead of confusing. Your life period is going to be change as soon as you complete looking over this book.*  
*(Karina Ebert)*

## THE HEALTHY HEART COOKBOOK FOR DUMMIES



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John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, The Healthy Heart Cookbook for Dummies, James M. Rippe, A heart healthy regimen needn't be torture. Two hours on a stationary bike, followed by a dish of low-fat cottage cheese topped with a lonely sprig of parsley may be your idea of what it takes to maintain heart health but it's actually a lot more enjoyable and fun! Cardiac fitness, like any new lifestyle plan, can be achieved with only a few basic modifications to your diet and activity level. With The Healthy Heart Cookbook For Dummies, you'll follow an exciting and delicious food regimen, destined to give you and your heart a boost. Written by James Rippe, a leading cardiologist and chef, and with over 100 recipes from a cadre of expert dietitians and fifty top chefs, you'll discover some of the secrets to heart health, some common fallacies, and get the lowdown on a few life-saving basics: The risk factors for heart disease and how to control them The eight key eating habits affecting heart health including the number of calories, cholesterol and fat, and antioxidant-rich foods you consume "Bad" versus "good" cholesterol the world of saturated, monosaturated, and polyunsaturated fats Nature's gift to health phytochemicals and what foods contain them Smart shopping tips including common supermarket traps, and how to select produce, meats, seafood, dairy, grains, and from the deli counter You'll discover what a snap it is to prepare your own menu, assemble meals that are nutritious and balanced and also meet every sort of dietary need (including high blood pressure, diabetes, and food allergies). The book's rich cornucopia of recipes will help you explore the delicious possibilities of every meal and dish, including: Breakfast and brunch including Pumpkin Cheesecake Muffins, Peach Scones, and...



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