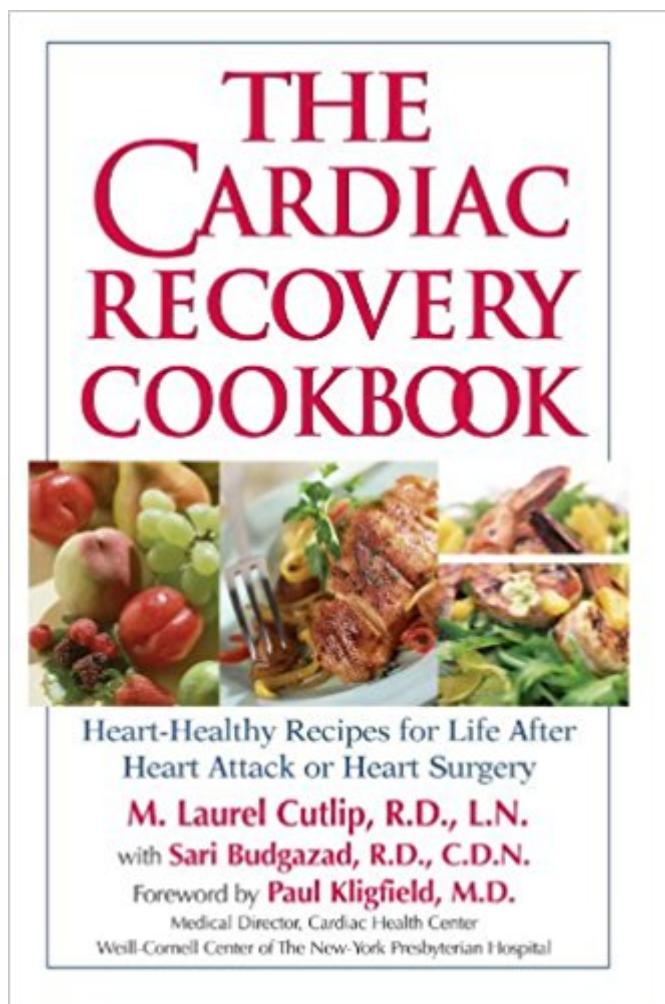


The book was found

The Cardiac Recovery Cookbook: Heart Healthy Recipes For Life After Heart Attack Or Heart Surgery



Synopsis

Help Your Heart by Eating Right! If you are looking to eat healthier and still enjoy mealtime, open your kitchen to The Cardiac Recovery Cookbook. This indispensable companion to The Cardiac Recovery Handbook contains over 100 quick, easy, and delicious NIH-approved recipes to help cardiac patients eat well on the road to wellness. Whether you want a quick meal, a nutritious dinner, or a heart-healthy dessert, this book is packed with great tasting recipes the whole family can enjoy. All the recipes are reduced in saturated fat, cholesterol, and sodium, and come complete with detailed nutritional information. Eat to your heart's content with The Cardiac Recovery Cookbook.

Book Information

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Best Sellers Rank: #153,336 in Books (See Top 100 in Books) #44 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #85 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #20705 in Books > Health, Fitness & Dieting

Customer Reviews

M. Laurel Cutlip, R.D., L.N., is a registered dietitian and licensed nutritionist. She is the coauthor of Combat Fat! and lives near Baltimore, Maryland. Sari Greaves, R.D.N., is a nutrition consultant for the New York-Presbyterian Hospital Cardiac Health Center. Paul Kligfield, M.D., is Professor of Medicine at the Weill Medical College of Cornell University and Director of the Cardiac Health Center in New York City. He is the graduate of Harvard Medical School and author of The Cardiac Recovery Handbook.

thanks

Written 10 years ago, it is good for the times; but with the restrictions after CABG surgery this book

does not meet my needs. If you're just looking for healthy recipes, go for it!

Lots of good information in this book. Very much needed going through all of this confusion and change in my life. Thank you.

Loving the easy and healthy recipes!

Afraid to eat after having a heart attack? This book will put you at ease and give you wonderful recipes to get you through it.

Wasn't quite what I expected. It was okay. I still use it.

My grandma started using right away said the recipes are pretty basic and easy

Very detailed cookbook and perfect for someone recovering from heart surgery. Highly recommend if you have heart issues.

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