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The EatingWell For A Healthy Heart Cookbook: 150 Delicious Recipes For Joyful, Heart-Smart Eating (EatingWell Books)



Synopsis

A leading heart doctor's program that could cut your risk of heart attack by more than 50 percent just by making a few changes to your diet and lifestyle. Phil Ades is that doctor and in his exciting book he shares what he has found from more than 25 years of leading research into cardiac rehabilitation: you can change your fate by simply eating well. What's more, he tracks the progress of patients who are living proof of his program's success. After working with hundreds of patients, Ades has isolated the top factors that have made a difference. He provides an easy-to-follow, step by step program on how to change your eating habits, starting with tracking what you eat and being aware of the number of calories and the types of calories you are consuming. He then shows how to eliminate the "bad fats" (saturated fats) and increase the "good" ones, using EatingWell's clever heart-healthy recipes that virtually eliminate the need for butter. This simple program demonstrates how a few easy changes can add years to your life. More than 175 recipes from the acclaimed EatingWell Test Kitchen show you how to make this a delicious journey, with recipe ideas that will become staples you'll pass on to family and friends. Full-color photographs throughout

Book Information

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Customer Reviews

Before buying this book I first checked it out at the library because I don't need any more useless cookbooks in my house. I was thrilled to find that this book is not only a great cookbook but also an amazing source of heart-health information. Having a strong family history of heart disease, I must be very diligent about maintaining a heart-healthy lifestyle. This book answered every question I had

and then some. It gave me some reassurance that my family history is not a death sentence and gave me the knowledge I need to maintain a healthy lifestyle. I was so impressed with this book that I bought two copies - one to keep and one for my brother.

So much of heart disease is self-inflicted through destructive life style choices such as poor diet, smoking, and lack of exercise. So it follows that through a proper diet, the avoidance of tobacco smoke, and a program of reasonable daily exercise the prospect of heart disease can be minimalized -- even for those with a family history of genetic predisposition to cardio-vascular problems. That is the basic foundation underlying cardiologist Philip Ades' "Eating Well For A Healthy Heart Cookbook" which was written with the assistance of the editorial staff of 'Eating Well' magazine. Through the 150 recipes compiled in this thoroughly 'kitchen cook friendly' compendium of delicious and nutritious dishes suitable for any dining occasion, the risk of heart attack by be reduced by fifty percent, along with the lowering of both blood pressure and cholesterol. The first five chapters are devoted to providing up-to-date information on having a healthy heart. Then the beautifully illustrated, gourmet quality recipes run the gamut from Lebanese Fattoush Salad with Grilled Chicken; Lentil & Almond Burgers; Grilled tuna with Olive Relish; and Roast-Pork with Sweet Onion-Rhubarb Sauce; to Eating Well Waffles; Eating Well's Pepperoni Pizza; Crispy Fish Sandwich with Pineapple Slaw; and Dark Fudgy Brownies. Each recipes notes the calorie count, along with fat, cholesterol, carbohydrate, protein, fiber, sodium, potassium information, cooking time and more. Scattered strategically throughout are 'Heart-Healthy' and 'Shopping' tips. The "Eating Well For A Healthy Heart Cookbook" is an ideal addition to both personal, family, and community library cookbook collections.

I bought this cookbook a few months ago and have cooked many recipes from it. Everything has been delicious. There's a great variety of dishes and ingredients. Shows you how to prepare delicious, healthy meals that don't sacrifice taste for nutrition. My teenagers love it too.

I am a subscriber to Eating Well magazine and purchased this book after reading an article in the magazine. It is a great book not only as a cookbook but on having a healthy outlook that is done in a realistic manner that is easy to read and understand. If you enjoy cooking and eating good food and want to start eating healthier this book is a good starting point.

The first half of this book covers basic heart health and behavioral changes that lead to better

health. This information is well-presented and is would be enough to implement heart-healthy eating. But we also get the added bonus of the second half of the book which covers a number of easy recipes. Don't wait until there's something wrong, start now and stay healthy!! love this book and have already bought it for a friend and have recommended it to a bunch of my friends.

Having recent heart issues this cookbook gave great education besides meals that are tasty and easy to make. The first 70 pages are a must read for anyone who has heart issues. the author explains in every day language what is the cause coronary artery disease and how it can be controlled through diet and medications. Those 70 pages sold me on what I needed to do to stay around to see grand kids and live a longer life. It beat the heck out of the crappy insert the cardiac center at the hospital gave me. The recipes are easy to make and not expensive either.Highly recommend this

Dr. Ades' chapter is a "must read." It is clear and comprehensive, and leads the reader to make lifelong changes based on fact and easy to follow strategies.The recipes in the cookbook are delicious and easy to follow. I would highly recommend this book, not only for patients who have been shocked into making life-changing decisions on diet and exercise, but to all those who want to take an active role NOW in living a long and healthy life.

This was recommended by my cardiologist and I found it interesting and very helpful .Contains easy steps to start a more healthful way of eating and cooking.Has excellent information and of course recipes.Also great pics !

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