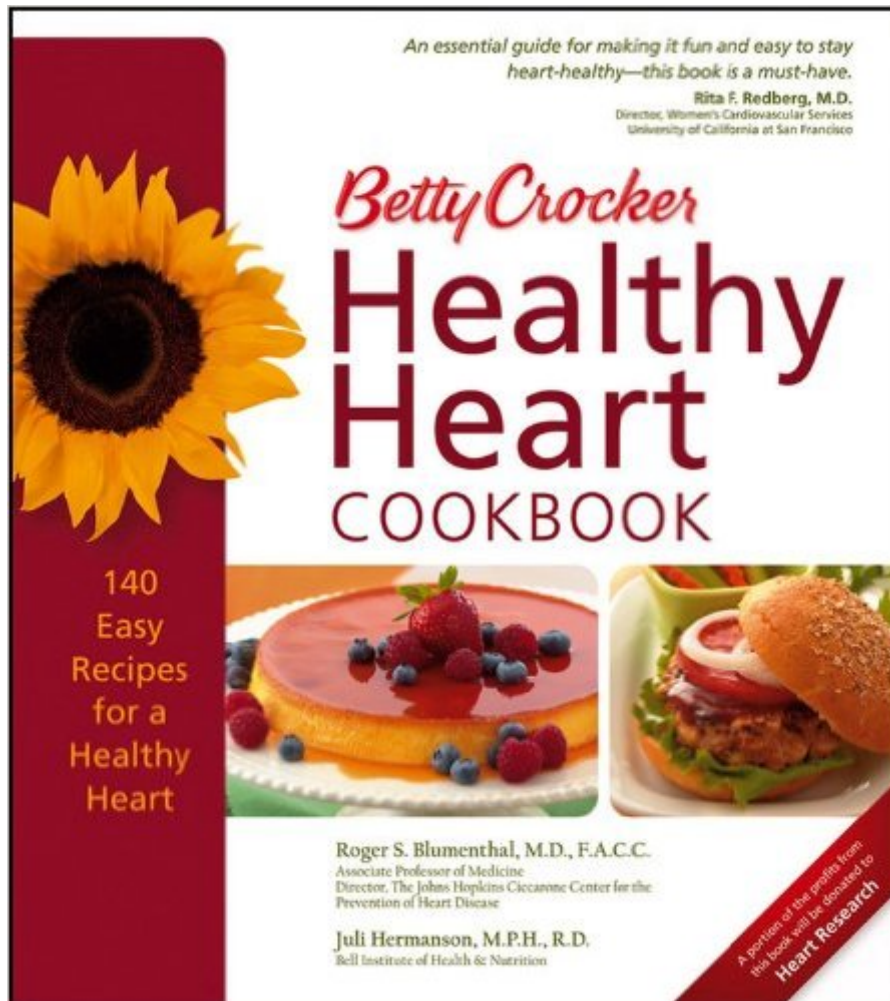


The book was found

Betty Crocker Healthy Heart Cookbook (Betty Crocker Cooking)



Synopsis

Delicious everyday meals you can eat to your heart's content! Flavor-rich, family-friendly and heart-healthy--sound too good to be true? Not when you have Betty Crocker Healthy Heart Cookbook in your kitchen. Betty Crocker has teamed up with the Director of The Johns Hopkins Ciccarone Center for the Prevention of Heart Disease and a nutritionist from the Bell Institute of Health & Nutrition to help you and your family eat well and feel your best. Here's to your heart!*

- * Over 140 delectable recipes that are heart-healthy and easy to make, including Grilled Barbecued Beef and Bean Burgers, Gorgonzola Linguine with Toasted Walnuts, Oatmeal-Cranberry Muffins and Creme Caramel*
- * Real-life advice from people who have--or are working to prevent--heart disease and who share great ideas on heart-smart food shopping, prepping and serving*
- * Up-to-date information on heart disease, including risk factors, testing, prevention and treatment*
- * Seven-day menu plan with a week's worth of healthy meals and snacks*
- * Nutrition information with every recipe, plus Carbohydrate Exchanges and Carbohydrate Choices for stress-free meal planning*
- * Heart health resource guide and a glossary of heart-healthy terms

"An essential guide for making it fun and easy to stay heart-healthy--this book is a must-have."--Rita F. Redberg, M.D. Director, Women's Cardiovascular Services University of California at San Francisco

Book Information

Series: Betty Crocker Cooking

Hardcover: 256 pages

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Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (90 customer reviews)

Best Sellers Rank: #48,225 in Books (See Top 100 in Books) #32 in Â Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #7497 in Â Books > Health, Fitness & Dieting

Customer Reviews

Easy to follow recipes with a reasonable number of ingredients. Comes with complete menus and lots of information and tips about eating for heart health. A well designed cookbook and a useful tool for healthy living.

i like this cookbook. it has good ideas for dishes. there are tons of pictures and good information on eating heart healthy and the things you need to watch out for. eating heart healthy really makes sense for everyone. i recommend this cookbook.

I am 52 years old my husband recently had a triple by-pass thus forcing us to change many bad food habits. Since the name Betty Crocker is enough to tell the consumer that it is a tried and true product I was very excited to see a healthy style cook book. Without hesitation I ordered it. I liked it so well I took it to my neighbor to look at. She then also purchased one. I have tried many recipes and love them all so far. This cookbook will be in my household for years to come and will someday look like my grandmother's old Betty Crocker cookbook.

I got this book about a year and a half ago, and although it's not always the one I'm cooking from, a lot of my favorite and healthy recipies have come from it. Some of the ingredients can be a little tough to find, and there are a few recipes that need a little extra spicing up, but overall I've been extremely happy with everything I've made from it! The healthy eating and tips in the front of the book are also very helpful when trying to know what to feed your family to keep them eating right. It's like a mini class in nutrition :)

I was recently hospitalized for congestive heart failure and was told to watch the sodium in my diet. I love to cook and bake and Betty Crocker is a name I know well, so I decided to give this book a try. The recipes are good, and I like that they have pictures; but was disappointed to see how high the sodium count was for most of the recipes.

With family issues of need for lower fat/lower sugar diet, this cookbook offers easy and interesting recipes. I have tried several of the main dish recipes already and they have all been hits. Plus, one can figure out how to apply ideas in these recipes to others to modify them to be healthier. Excellent value!

Fabulous color photos and attractive foods. Sodium content in some recipes is not within the 1500 mg or less per day for some persons. A good starting point for some one, but I would suggest asking a nutrition specialist as well.

Easy to understand, beautiful pictures, nutritional values for each recipe.

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