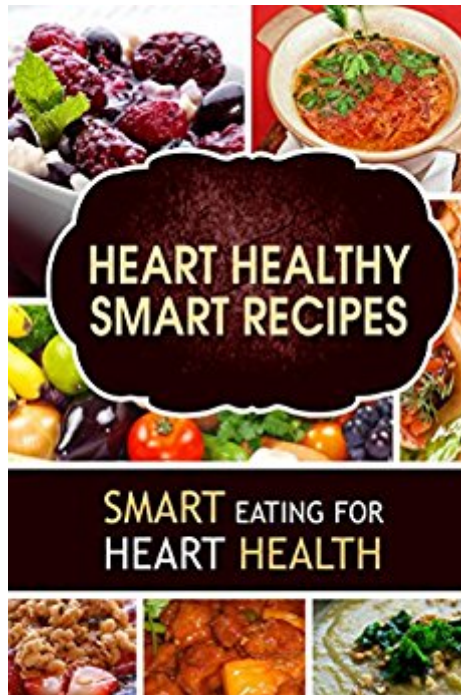


The book was found

Heart Healthy Smart Recipes: Smart Eating For Heart Health



Synopsis

Heart Healthy Smart Recipes - Smart Eating for Heart Health Looking for a healthy recipe that is low in saturated and transfat? The consequences of not taking care of our heart can lead to chest pain, stroke and even premature death. Because of this, specialists offer truckloads of advice on taking care of one of our most important organs, the heart. Discover the recipes that feature some of the world's healthiest foods that will help you take care of your heart Also, you'll discover..Foods to avoid keeping your heart healthyGood tips and advices to keep your heart healthyWhat foods to eat that is low saturated and trans fatAnd much more!

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Book Information

File Size: 641 KB

Print Length: 250 pages

Publication Date: October 12, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00OGL0YDM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #584,337 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #139

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Customer Reviews

More women than men die of heart disease each year. My grandfather died of a heart attack so I knew heart disease ran in my family, at least on my father's side but I never worried about having a heart attack but finally realized the real facts. I knew it was time for me to change some bad eating habits. (like pizza 5 times a week) Once I decided I needed to start eating a heart-healthy diet I bought a few recipes books aimed at reducing the risk of heart disease. This is one of the recipe books I bought , Heart Healthy Smart Recipes: Smart Eating for Heart Health, and I am happy with it. I do exercise which also reduces your risk so the diet was just one more thing I could do to keep my heart going strong. I recommend it. Good recipes!

I was so excited to find this book as I have been searching for a good book with healthy recipes. This book is well written and the recipes are very easy to follow. It contains a wide variety of recipes that not only taste great, but they are very beneficial to your health as well. The author does a nice job explaining what foods to avoid as well. Excellent Read!

The author emphasizes the importance of eating smart; promoting the flow of blood, oxygen and nutrients - and these recipes are designed to do just that. There are over 100 recipes organized by snacks, baking, lunches and dinners. The ingredients use natural foods and fit perfectly with a fitness and diet plan. Most recipes take 30 minutes to prepare and cook so taking time out of your day to prepare a healthy meal is no longer an excuse!

This book was very informative for anyone who wants to make a real change in diet and overall health. However some of the ingredients, like Celtic sea salt. I don't think I will find that around here. to the rescue. But all in all, there are some really good recipes to try. Everything from dips, salads, main meals and desserts.

We are what we eat and the book Heart Healthy proves it. A simple easy to follow and mouthwatering healthy recipe collections. The Indian Egg Fried Rice with your Chicken Soup, I LOVE it! The Corn Muffins my daughter love it as well...don't ask how many muffins she eats (wink). I was so bless when I bought this book. It's truly worth a price.

You can never get tired of Heart Heart Healthy recipes. My family tends to get board with healthy eating so it can be a challenge to get them to stay on track. The author has done a great job with the basics but also has some unique options that I can't wait to try. Great book and worth every penny.

I like to see the nutritional information for the recipes I make since I consider that information vital to eating well. This book has none and I don't trust the recipes. Also the author makes the assumption that saturated fat is fine for healthy heart diets but cites no studies or proof. Very skeptical and doubt I'll be using this.

This is a great recipe book for people that want to stay healthy. It is informative about why people

should eat heart healthy and lists food to avoid. I love to bake and was pleasantly surprised at the delicious recipes that were listed also great meal ideas for anytime of the day.

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