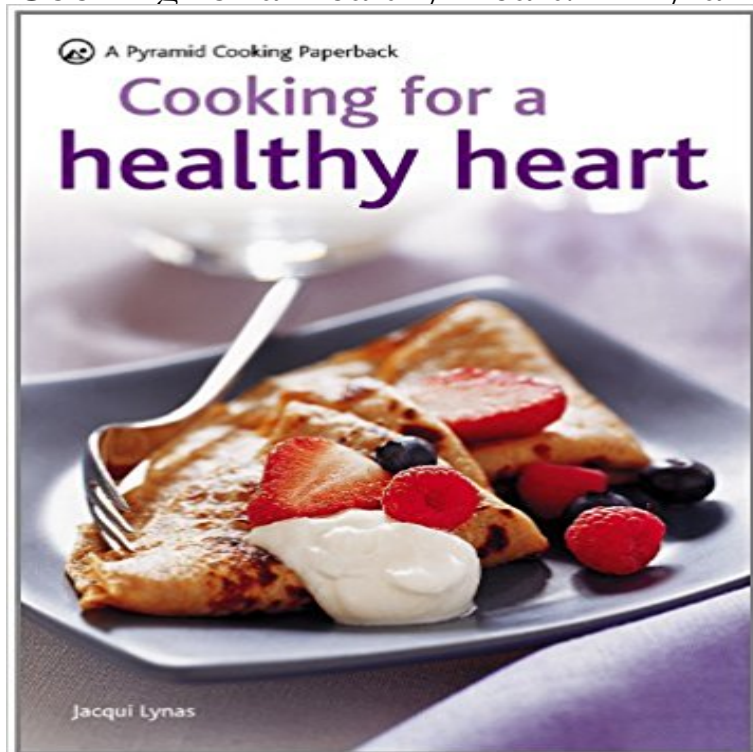


Cooking for a Healthy Heart: A Pyramid Cooking Paperback



The right diet can minimize the risk of heart disease - Americas leading cause of death. Cooking for Healthy Heart encourages an understanding of heart disease, and highlights the importance of healthy eating as a preventative measure against this disease. 80 delicious, accessible recipes specifically designed to lower cholesterol are provided with meal ideas packed with fruits, salads, lean meats and oily fish, nuts and low-fat dairy produce. Cooking for a Healthy Heart also includes ideas for special occasions, such as celebration meals, meals for one, and quick and healthy snacks.

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