



Heart Healthy Recipes

By U. S. Department of Health

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 154 pages. Dimensions: 10.0in. x 7.0in. x 0.3in. This book is B and W copy of the government agency publication. HERES SOME TERRIFIC NEWS! Whats good for your heart is great for your taste buds. As the recipes in this special collection will show, you dont have to lose flavor to gain health. Cooking up heart health requires no secret ingredients. It simply means making dishes that are lower in saturated fat, cholesterol, and total fat, and reduced in sodium. And, as an extra plus, these dishes have fewer calories than those higher in fat. It means enjoying Crispy Oven-Fried Chicken, Red Hot Fusilli, Stir-Fried Beef and Potatoes, Apricot-Orange Bread, Crunchy Pumpkin Pie, and a Summer Breezes Smoothie. The recipe collection was developed by the National Heart, Lung, and Blood Institute (NHLBI) to help Americans keep their heartbeat strong. It includes dishes from a variety of ethnic cuisines to suit virtually every taste. The dishes will even tempt children. Thats important because good eating habits need to start early. So, cook up some Delicious Oven French Fries and teach your kids how good health can taste....



READ ONLINE

[1.72 MB]

Reviews

An extremely wonderful pdf with perfect and lucid information. Better then never, though i am quite late in start reading this one. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Elenor Koch PhD**

This publication will be worth purchasing. It is writter in straightforward words and not hard to understand. I am just very happy to explain how here is the best ebook we have read in my own lifestyle and might be he best publication for at any time.

-- **Devante Mante**

Related PDFs



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in. Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in. Oh sure, we all heard the story of Jonah and the Whale a hundred times. But have we heard it from the perspective of the...



Good Night, Zombie Scary Tales

Feiwei & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in. Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be warned. Good Night, Zombie isn't just any...



God Loves You. Chester Blue

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in. BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE! A charming book about a mysterious bear that shows up in the right place at just...



Animalogy: Animal Analogies

Sylvan Dell Publishing. Paperback. Book Condition: New. Cathy Morrison (illustrator). Paperback. 32 pages. Dimensions: 9.8in. x 8.4in. x 0.4in. Compare and contrast different animals through predictable, rhyming analogies. Find the similarities between even the most incompatible animals... bat is to...



DK Readers Robin Hood Level 4 Proficient Readers

DK CHILDREN. Paperback. Book Condition: New. Nick Harris (illustrator). Paperback. 48 pages. Dimensions: 8.4in. x 5.7in. x 0.2in. Discover the rollicking exploits of Robin and his merry men as they take from the rich and give to the poor. Join Robin Hood and...