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## Delicious Heart Healthy Latino Recipes

By U S Department of Health

Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is a copy of a government agency publication. Dear Friends: Staying healthy can be a challenge, but simple lifestyle changes can help a lot-like eating healthy and being physically active. Research shows that engaging in these health-promoting behaviors can help reduce the risk of heart attack and stroke. The National Heart, Lung, and Blood Institute developed this cookbook to introduce Latino families to a variety of popular dishes prepared in a heart healthy way. Que viva la tradicion! The traditional Latino cuisine is as varied as the cultural heritage of Latin America and the Caribbean. The recipes have all the nutrition and great taste that characterize this rich culinary heritage, but have less saturated fat, trans fat, cholesterol, sodium, and calories. The recipes show you how to prepare tasty, healthy meals. They use fat-free milk, small amounts of vegetable oil, lean cuts of meat, poultry without the skin, fish, beans, fruits, vegetables, and lots of fresh herbs and spices for flavor. Follow these heart healthy tips to start a tradition of healthy eating in your family....



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