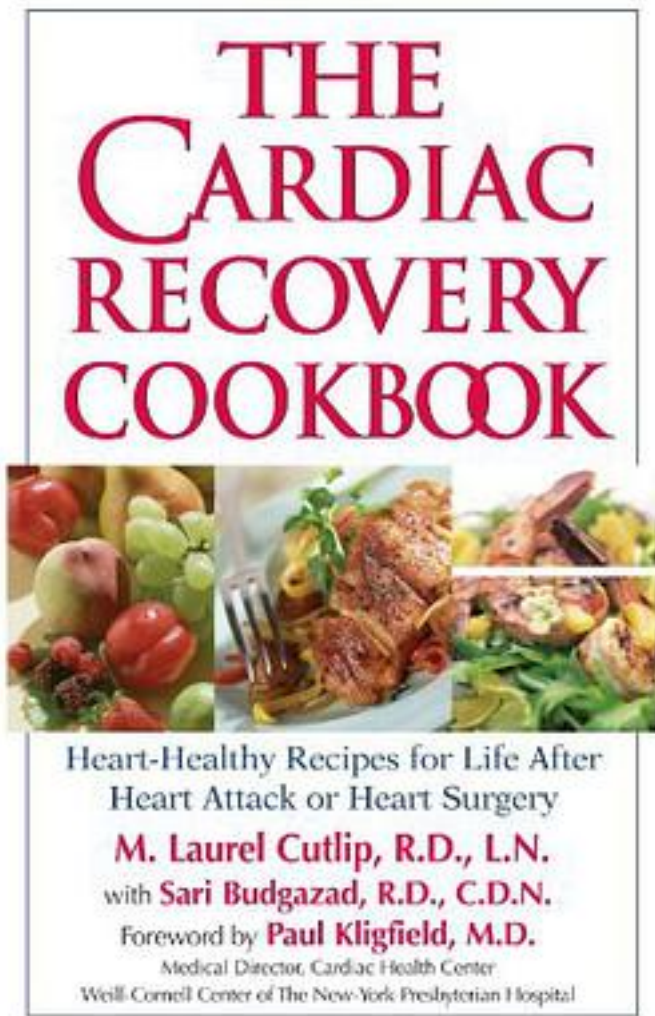


# The Cardiac Recovery Cookbook



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# Help Your Heart by Eating Right!

If you are looking to eat healthier and still enjoy mealtime, open your kitchen to The Cardiac Recovery Cookbook . This indispensable companion to The Cardiac Recovery Handbook contains over 100 quick, easy, and delicious NIH-approved recipes to help cardiac patients eat well on the road to wellness.

Whether you want a quick meal, a nutritious dinner, or a heart-healthy dessert, this book is packed with great tasting recipes the whole family can enjoy.

All the recipes are reduced in saturated fat, cholesterol, and sodium, and come complete with detailed nutritional information. Eat to your heart’ s content with The Cardiac Recovery Cookbook .

作者介绍:

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