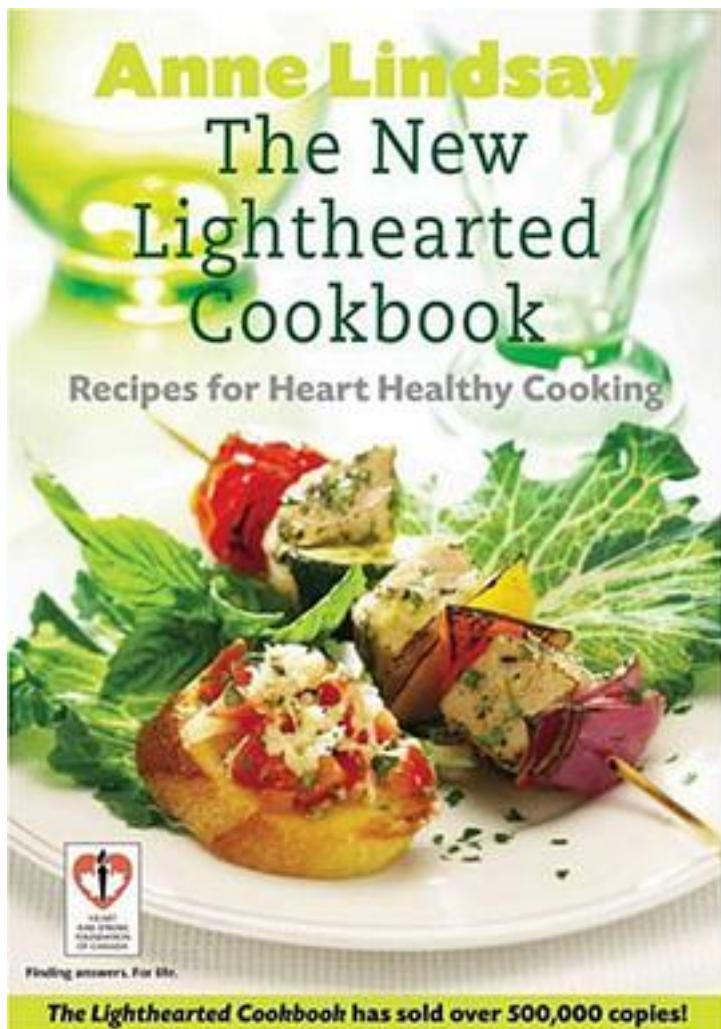


The New Lighthearted Cookbook



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What's the best way to stay healthy? Eat a diet that is low in saturated and trans fats,

high in whole grains, fruit, and vegetables, and includes a variety of foods. But food also represents comfort, celebration, love, and sharing. And while we all want to have a healthy heart and a healthy life, most of all we still want to enjoy delicious food.

The New Lighthearted Cookbook features over 150 delicious recipes that have been retested for today's taste, and includes comprehensive nutritional analysis and the Diabetes Association's Food Choice Values. The Introduction sets out the latest information on the basics of healthy eating—for children, teens, adults, and seniors—and is an indispensable guide for new parents.

The Heart and Stroke Foundation's mission is to improve the health of North Americans by preventing and reducing disability and death, from heart disease and stroke, through research, health promotion, and advocacy. A portion of the proceeds from the sale of this book will go to support heart research.

作者介绍:

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