



The Healthy Heart Gourmet

R R Bowker Publishing

The Healthy Heart Gourmet:

The Healthy Heart Cookbook For Dummies James M. Rippe, 2011-05-04 A heart healthy regimen needn't be torture Two hours on a stationary bike followed by a dish of low fat cottage cheese topped with a lonely sprig of parsley may be your idea of what it takes to maintain heart health but it's actually a lot more enjoyable and fun Cardiac fitness like any new lifestyle plan can be achieved with only a few basic modifications to your diet and activity level With The Healthy Heart Cookbook For Dummies you'll follow an exciting and delicious food regimen destined to give you and your heart a boost Written by James Rippe a leading cardiologist and chef and with over 100 recipes from a cadre of expert dietitians and fifty top chefs you'll discover some of the secrets to heart health some common fallacies and get the lowdown on a few life saving basics The risk factors for heart disease and how to control them The eight key eating habits affecting heart health including the number of calories cholesterol and fat and antioxidant rich foods you consume Bad versus good cholesterol the world of saturated monosaturated and polyunsaturated fats Nature's gift to health phytochemicals and what foods contain them Smart shopping tips including common supermarket traps and how to select produce meats seafood dairy grains and from the deli counter You'll discover what a snap it is to prepare your own menu assemble meals that are nutritious and balanced and also meet every sort of dietary need including high blood pressure diabetes and food allergies The book's rich cornucopia of recipes will help you explore the delicious possibilities of every meal and dish including Breakfast and brunch including Pumpkin Cheesecake Muffins Peach Scones and Eggs Benedict with Asparagus and Low Fat Hollandaise Sauce Appetizers and snacks including Homemade Dill and Celery Seed Hummus and Chilled Hapa Shrimp Rolls and Thai Citrus Dipping Sauce Seafood including Red Snapper with Braised Fennel and Spinach and Seared Scallops in Grilled Eggplant with Mango Salad Poultry and Meat including Lemon Grilled Cornish Hens Healthy Heart Beef Stroganoff and Herb Crusted Lamb Loin with Braised Fennel and Fresh Mint Vegetarian Entrees including Curried Tofu and Vegetable Stuffed Pitas with Cashews and Raisins With sixteen pages of full color photos black and white how to illustrations a summary cheat sheet of need to know info and humorous cartoons The Healthy Heart For Dummies Cookbook helps you build a sensible foundation for overall fitness beginning with your heart

The Healthy Heart Gourmet , 1987 **The Healthy Heart Gourmet** Thomas Mills, Cecilia Hennig, 1993-12-12 This cookbook is based on proper nutritional guidelines using food alternatives for flavor This updated version introduces many of the new products on the market computerizes the food analysis and trims many recipes of excess oils and fats Contains recipes for appetizers brunches and lunches breads soups salads meat substitutes poultry seafood vegetables sauces and desserts **The Fischer/Brown Low Cholesterol Gourmet** Lynn Fischer, W. Virgil Brown, 1988 Discusses the importance of reducing cholesterol in the diet and gathers healthful recipes for salads appetizers soups pasta rice meat poultry fish vegetables breads and desserts **American Health** , 1988 **Forthcoming Books** Rose Arny, 1994-02 **The Kardea Gourmet** Richard Collins, 2011 **Bon Appétit** , 1996-07 **Directory of Food and**

Nutrition Information for Professionals and Consumers Robyn C. Frank, Holly Berry Irving, 1992 Emphasizes nutrition education food science food service management and related aspects of applied nutrition Part I has chapters on organizations that provide information services and or resources on food and nutrition academic programs software and databases Part II is composed of annotated bibliographic entries and lists of organizations Intended to assist nutritionists dietitians health professionals educators librarians and consumers in identifying sources of food and nutrition information

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Medical and Health Care Books and Serials in Print, 1997 **Books in Print 1996-97** R R Bowker Publishing, 1996 *The Gourmet Healthy Heart* Emily Zants, Rodman Sharp, 2009-01-12 How to eat like a gourmet and keep the cholesterol down These recipes inspired by travels around the world and over 30 years of gourmet club dining address this dilemma Included are photographs of wildlife and scenery from areas that provide the character of the recipes

Nutrition Education Resources & Bibliography, 1993 Contains a sampling of the available nutrition education materials and resources Includes examples from a variety of media Intended for use as a source of nutrition education materials by teachers food service employees school administrators in Ohio public school districts and others

Orange Coast Magazine, 1982-08 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle

Publishers, Distributors & Wholesalers of the United States R.R. Bowker company, 2003 Subject Guide to Books in Print, 1996

Publishers Directory, 2001 **Journal of the American Dietetic Association**, 1993 **The New Ourselves, Growing Older** Paula Brown Doress-Worters, Diana Laskin Siegal, 1994 Offers women over forty advice on housing health and more

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