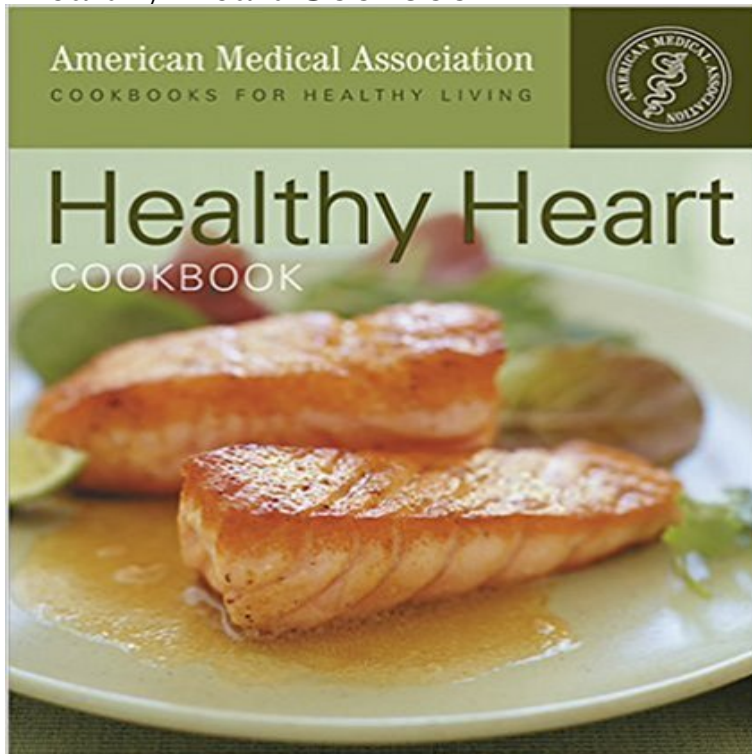


Healthy Heart Cookbook



Written by the health experts at AMA, this cookbook provides valuable, up-to-date information for anyone wanting to lead a healthy life. AMA experts explain in a 20-page introduction what foods, fats, and vitamins do for and to the body. They also explain heart disease risk factors and how to develop a healthier heart through diet and exercise. Full-flavored, low-fat and low-calorie recipes put the pleasure back in eating for good health. Each recipe displays the fat content in grams and includes what percentage of calories in the dish is from total or saturated fat. Each recipe also includes nutritional information and easy instructions for cooking. Updates on potent disease-fighting ingredients. Simple tips for controlling cholesterol and staying fit. Helpful meal-planning strategies including healthy and delicious food substitutions.

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