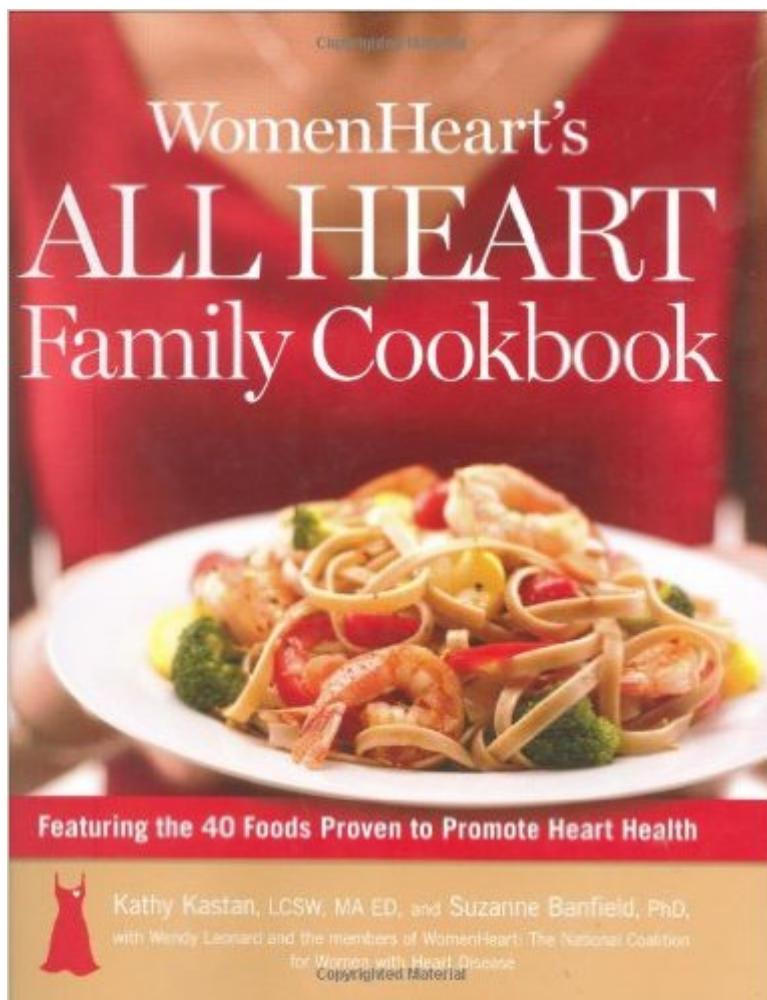


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# WomenHeart's All Heart Family Cookbook: Featuring The 40 Foods Proven To Promote Heart Health



## Synopsis

Heart disease is the leading cause of death among women, killing six times as many as breast cancer. What's worse, too few women realize the dire risk they face. WomenHeart, the National Coalition for Women with Heart Disease, is an organization dedicated to helping women heart patients and those at risk for heart disease, whether they know it or not. Through an extensive support group network, they also help women who have heart disease live normal lives. And because dietary changes are often an important part of the recovery process, when their members gather, the conversation naturally turns to food. To help spread the news of their work, WomenHeart has created this one-of-a-kind collection that focuses on 40 key foods known to promote heart health that features a number of family-friendly recipes from their members. Packed with plenty of great-to-wake-up-to dishes like French Toast with Orange Cream and Lemon Blueberry Muffins, it also includes dozens of crowd-pleasing dinner favorites like Revamped Chicken Pot-pie, Beef and Vegetable Stroganoff, and Sesame Salmon with Spicy Cucumber Salad. In fact, in this collection there's a recipe for every occasion, as well as 40 enticing photographs. Even better, this cookbook includes plenty of desserts, like Flourless Chocolate Cake, Summer Fruit Compote, and Raspberry Buckle, making it easy to see that fighting heart disease can mean indulging in the pleasures good food offers.

## Book Information

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## Customer Reviews

Having devoured the book page by page, I can only say it is a work of love for all women who are

faced with lifestyle changes associated with heart disease or have risk factors associated with heart disease. It takes what we all know (or think we knew!) and translates it into easy to follow guidelines, great recipes, and foods that we can reach for when we shop for ourselves and our families. Beyond the ease of use, the authors' devotion to simplifying the tricky world of healthy eating into a useful resource is amazing! I find myself reaching for it not only when I cook, but when I'm making up a shopping list. I love the fact that each recipe shows you how many heart-healthy foods you are taking in -- very motivating!

I love the recipes. I love the witty and informative notes at the bottom of the page that tell me why something is good for me. It is like having a personal chef and my cardiologist next to me talking me through what I need to keep heart healthy. Thanks, I feel better already!

I just received this cookbook and love it. The first part has great information on 40 heart healthy foods and the second part uses these foods in tasty recipes. There are many tips listed throughout the book that I have found helpful in understanding healthy food preparation. I have made several dishes including; chili, warm kale salad, applesauce oatmeal cookies, tofu mayonnaise... all were delicious. It feels good preparing dishes for my family that are heart healthy and yummy at the same time. There is nothing in this cookbook that you will feel guilty about eating, and it tastes good too, imagine that!

Here's an easy to read, "real people" cookbook. Just buy the 40 heart healthy ingredients at the grocery store and start cooking. It also has proven healthy heart information in the first section and tips throughout the recipes. This book should be given to everyone with heart disease. Better yet, every household could use it! As a woman with heart disease, I'm always looking for recipes that will be tasty for my entire family and WomenHeart has done it!

When you buy this book, you are getting more than a cookbook of super healthy-super delicious meals. You are also getting a guide for healthy eating. It is chock full of information about what all these great foods do for you. If you want to live healthy, this is a definite purchase!

Both of my parents have undergone bypass surgery within the past 8 months. It has been very intimidating to read all the information of how to prevent heart disease, especially having to relay the information to my parents. I came across this book last week and love it. Coming from a family that

loves to ask questions this book has a lot of answers. I love that the first part of this book thoroughly explains heart disease, prevention, and how certain foods can be beneficial to your heart. It was also a great idea to list the recipes (w/ page numbers) at the end of each 'Heart Healthy Food' description. This book is well organized and makes cooking their recipes along with other heart healthy recipes more attainable.

My friend Suzanne Banfield has done a great service in providing a wonderful new resource for those wishing to find delicious options for heart healthy cooking - that's everyone!! When I saw how cleverly the book was laid out, with the 40 superfoods listed at the beginning along with reasons why they deserve to be listed and associated recipes, I knew this would be a book I would keep on the counter, not on the back shelf. I use it for shopping ideas and a constant reminder for good meal planning. The recipes I've tried are all terrific!!

I just received a copy of this book and I am very excited! As a woman living with heart disease and a cookbook fanatic it is truly the answer to my prayers for a heart healthy cookbook that is informative, knowledgeable, fun and beautiful to look at...The recipes are simple enough for everyday, but tasty and beautiful enough for any special occasion. The list of heart healthy foods is a very helpful tool for creating new recipes and updating old ones. The heart health information at the front of the book is concise, up to date and easy to comprehend....I recommend this cookbook for anyone who cares about treating their families or themselves to innovative, tasty meals and healthy hearts in the process! Give it to a friend for Heart Month or to Mom's on Mother's day, but don't lend out yours..you won't get it back!

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