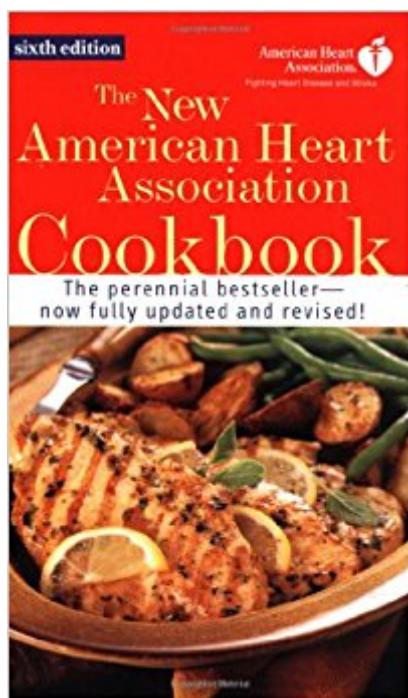


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# The New American Heart Association Cookbook



## Synopsis

Ã¢ “THE RECIPES WILL CONVINCE EVEN SKEPTICS THAT LOW-FAT FOODS CAN TASTE FANTASTIC. . . . Only you have the power to change your diet, reduce the amount of fat it contains and eat healthfully. . . . Get started without sacrificing taste, convenience, and pleasure.Ã¢ “Daily News (New York)Jam-packed with 150 new recipesÃ¢ “dishes that reflect the way Americans cook and eat todayÃ¢ “The New American Heart Association Cookbook is a revolution in healthful cooking. The fabulous recipes inside prove you can eat deliciously for a healthier heart and a trimmer waistline. To name just a few there are Roasted-Pepper Hummus, Picante Shrimp with Broccoli and Snow Peas, Chipotle Chicken Wraps, Asparagus with Garlic and Parmesan Bread Crumbs, and Angel Food Truffle Torte with Fruit Sauce. This incredible revision also includes:Ã¢ “CookÃ¢ “’s tips that speed up cooking, explain techniques or ingredients, or add a special finishing touchÃ¢ “Suggestions on how to shop for, store, and cook food healthfullyÃ¢ “and tips on decoding food labels and manufacturersÃ¢ “claimsÃ¢ “A complete nutritional analysis for each recipe, including saturated fat, cholesterol, sodium, calories, fiber, and moreDiscover the never-bland world of heart-healthy eating with The New American Heart Association Cookbook.

## Book Information

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## Customer Reviews

This 25th-anniversary edition of the classic, bestselling cookbook contains 600 heart-healthy recipes, 150 of them brand-new. The book has been updated to reflect the use of nonfat and low-fat

ingredients that didn't exist just a few years ago. Recipes include appetizers, snacks, beverages, soups, salads, entrées (seafood, poultry, meat, vegetarian), vegetables, side dishes, sauces, breads, breakfasts, and, of course, desserts. Many are healthier versions of old favorites--such as Eggplant Parmesan, Chicken à la King, Sweet and Sour Pork, Spaghetti with Meat Sauce, Devil's Food Cake, and Chocolate Chip Cookies--with some new entries that reflect modern eating trends, like Portobello Mushroom Wrap with Yogurt Curry Sauce, Pad Thai, Curried Quinoa Salad with Cranberries and Almonds, and Artichoke and Chick-Pea Pilaf. Whether you want a quick meal, a nutritious dinner the whole family will enjoy, or a festive entrée to impress guests, this book has an array of choices. Most recipes reflect AHA guidelines: no more than 30 percent total fat, 8 to 10 percent saturated fat, less than 300 milligrams of cholesterol per day; plenty of vegetables and grains; and moderate sugar and sodium. Some recipes are higher in fat, but you balance those with lower-fat recipes on other days of the week. Nutritional information includes calories, protein, carbohydrates, cholesterol, fat (total, saturated, polyunsaturated, monounsaturated), fiber, and sodium. --Joan Price --This text refers to an out of print or unavailable edition of this title.

The AHA contends that healthful eating is possible "without sacrificing taste, enjoyment or convenience." The introduction discusses the role of diet in cardiovascular health, diet-related risk factors (high cholesterol, high sodium) and clearly explains AHA guidelines, including the Healthy Heart Pyramid. More than 600 easy-to-make recipes are accompanied by nutritional analyses, shopping equivalents (2 limes equals approximately 3 tablespoons of lime juice) and cook's tips (characteristics of a ripe melon, for example). Appealing to American palates and pantries, the relatively basic recipes balance such zesty, healthful preparations as Grilled Tuna with Pineapple-Nectarine Salsa with flavorful ethnic dishes (Grilled Lemongrass Flank Steak and Meatless Moussaka) and salubrious versions of Americana standards (Beef Stroganoff and Philadelphia-Style Cheese Steak Wrap). Margarine, fat-free milk, reduced-fat cheeses and low-sodium broths replace butter and cream, and herbs and spices prevail as the primary flavor enhancers. Tips, including rinsing canned items (capers, clams, beans, etc.) to reduce sodium intake or rinsing ground beef under hot water after browning to get rid of excess fat, take readers to new levels of dietary vigilance. With its eclectic collection of useful recipes, the AHA demonstrates inventive approaches to eating and cooking, empowering readers to achieve a healthy diet.

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My wife and I ordered this cookbook as soon as I was released from the hospital. I had had a heart attack at age 58, and healthier eating--low-fat, low-cholesterol, low-sodium, smaller portions--was on the menu. It has now been more than six weeks, and we have eaten about 90 percent of our meals from this book. People ask me, "what do you miss most?" and I have nothing to say. The recipes have yielded such tasty meals that I truly never think about the fact that I'm not getting the salt or fat I was so used to. I recommend this book to anyone who needs or wants to eat healthy food. My wife did not have a heart attack, but she has chosen to eat exactly what I eat (and is losing weight, as I am, because of it) and is enjoying the food every bit as much as I am. Get this cookbook as soon as you can.

I have enjoyed cooking for decades and was recently diagnosed with premature heart disease. I was not coming from a position of ignorance and had moderated my diet for weight loss, so that it was largely healthy already: whole grains, brown rice, restricted fruit, encouraged fresh vegetables, no added sugar and salt, moderate amounts of lean protein and so on. I missed the variety of the recipes that I'd previously used, however, and didn't want to get stuck in a rut that would threaten my ability to sustain this new approach. That's when I bought this book, hoping for varied healthy recipe ideas. I was not impressed with this book's assumption that use of canned and processed ingredients is healthier than natural, fresh ones, just because they contain less fat. There are many more elements to a healthy heart than simply fat and cholesterol levels and a book of recipes that thinks a can of soup is a great idea as a binding agent is simply not as healthy as it could be. Canned and processed goods are sodium rich and crammed with preservatives that we just don't need. Meanwhile, 'Low fat dairy' is the single biggest dietary con in recent years: any product claiming to be low-fat has invariably boosted the taste level by adding sugar. Just because you lower the fat, does not make it good for the heart. Upon reading the nutritional content listed for a single serving of some of the recipes, I was dismayed to see that while they do indeed have a low fat content, they are AWASH with sugar. One chicken recipe listed a staggering 32g of sugar per serving. This is utter ridiculousness. Anybody who wants to keep or promote a healthy heart or who wishes to limit the effects of existing disease is simply not going to achieve that with a book that apparently doesn't understand that fat is not the only evil. It is well known that a diet high in sugar also has negative consequences for the development of heart disease. Curried pumpkin soup? Sounds delicious! WHY put maple syrup in it? No sugar is necessary, not in ANY form, in order for this dish to be tasty. What on earth are you even trying to accomplish when you put the name of the American Heart Association on the cover and sell it as a healthy cookbook, when it manifestly

isn't? When I purchase a book for heart healthy recipes that is linked to this organisation, I do not expect to have to go through all of them with a fine-toothed comb in order to find the 1 in 10 recipes that are genuinely healthy or that do not require significant alteration before they are of any use to me at all. Deeply disappointed.

This is a good place to start on the quest to prepare heart healthy meals. There are a wide variety of recipes to keep things from getting boring, and detailed nutritional information is listed for each one. Some of the recipes go a little heavy on the carbohydrates (rice, etc), but those are easily adjusted by switching out the offending ingredient for something else like spinach, other veggies, etc. I only mention this because our cardiologist emphasized low carbohydrate in general, not just the white flour/sugar type--other physicians' recommendations might not include that particular caveat.

This cookbook looks fabulous! My sister is using it and mentioned several good recipes. My husband recently had a heart attack. He is recovering nicely, but I am trying to learn a new way of cooking. The only drawback (and it isn't really a bad point) is that it is so huge that I am a little overwhelmed!

This cookbook is several inches thick and does not have pictures. Please don't let that discourage you. If you're serious about healthy, heart-friendly cooking, this is the cookbook you need. I'm an experienced cook and have tons of cookbooks, but I'm turning more and more to this "all-in-one" cookbook that I can trust to have a healthy recipe for just about anything I have a taste for that day/week. You will SO appreciate that they give heart-healthy recipes for "basics" (gravies, sauces, basic breads, basic salads, etc.). This morning I whipped up a quick bowl of tuna salad to have for my lunch today. It's the best tuna salad I've ever made (and the healthiest), made with light mayo/nonfat yogurt, chopped tomatoes and green onions, cilantro, and lemon zest. There are hundreds of interesting entree recipes, mostly using ingredients you'll already have on your shelves. When "special" ingredients are called for, the book often gives a more common substitution - but do yourself a huge favor and stock your pantry with as many special ingredients as you can and keep your fridge stocked with lots of fresh produce. I've found that the key to success in lowfat cooking is to be prepared to jazz up recipes with spices and various bottled items without having to run to the grocery store. Also, keep citrus on hand - lemons and limes are called for in many heart-friendly recipes and completely transform some foods (like the lemon zest in the tuna salad). Some of the recipe introductions also tell you how you can use the leftovers in another recipe - Sweet-Spice

Glazed Chicken can become Island Chicken Salad with Mint later in the week. For a busy Mom who doesn't want to always serve the same old boring meals to my family, those suggestions are helpful. It saves time hunting thru cookbooks and simplifies my grocery shopping. If you're serious about cooking more healthfully, you'll be happy you got this book!

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