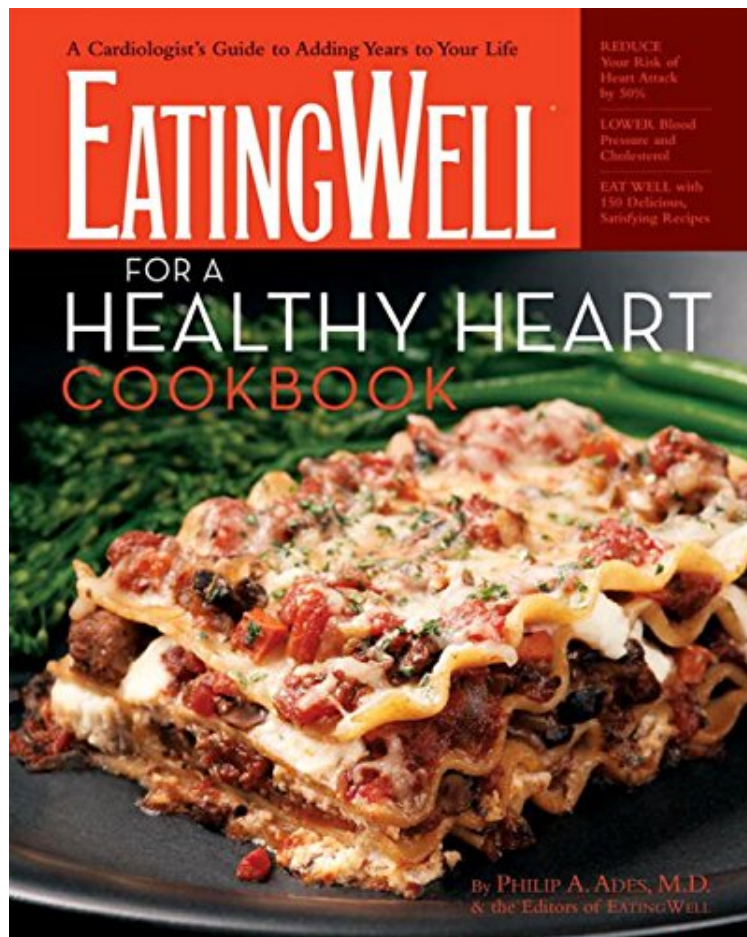


(Download) The EatingWell for a Healthy Heart Cookbook: 150 Delicious Recipes for Joyful, Heart-Smart Eating (EatingWell Books)

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Philip A. Ades, The Editors of EatingWell : The EatingWell for a Healthy Heart Cookbook: 150 Delicious Recipes for Joyful, Heart-Smart Eating (EatingWell Books) before purchasing it in order to gauge whether or not it would be worth my time, and all praised The EatingWell for a Healthy Heart Cookbook: 150 Delicious Recipes for Joyful, Heart-Smart Eating (EatingWell Books):

0 of 0 people found the following review helpful. A great pep talk on heart-healthy living -- plus 150 practical recipes By PattoI heard the author talk on heart health, and I was impressed. Dr. Ades heads up a state-of-the-art cardiac rehab facility in Vermont. He's a real working cardiologist, not just an Internet personality, and his message is very reassuring: in most cases, coronary heart disease is preventable. It can be headed off or arrested by a serious commitment to lifestyle changes in diet and exercise. A good chunk of this volume is really a self-help book for people

who want to keep their hearts going strong to a ripe old age. It's compelling reading. There's lots of practical advice, like how to see through misleading food labels and how to revolutionize your diet by simple substitutions of certain healthy foods for unhealthy one. The advice on exercise is good too, and sometimes counterintuitive. For example Dr. Ades explains why walking or jogging is more beneficial than cycling or rowing. The recipes are of special interest to people who don't want to give up favorite foods like pepperoni pizza, lasagna, fried chicken and meatloaf. The Eating Well chefs have given these killer classics a makeover that drastically reduces their calories, saturated fat, and sodium. In addition there are wonderful recipes for soups and salads, gourmet entrees, and tantalizing desserts. Most of the recipes can be made in 45 minutes or less -- and have fewer than ten ingredients -- so they can be incorporated readily into a busy life. This is a life-changing read. The heart-healthy tips highlighted in boxes are alone worth the price of the book.

8 of 8 people found the following review helpful. life saver
By kez
This book, and the whole eating well series is awesome. I have high cholesterol, and tried for years to exercise and "eat right", and tried some cholesterol medicine - no improvement. My husband's cholesterol and sugar was creaping up. I started cooking strickly from the eating well healthy heart, kept exercising, and went on the lowest dose cholesterol med. In six weeks my blood work was amazing! My total chol. and LDL were cut almost in half, plus I dropped 7 lbs! My husband isn't on any meds, and hasn't been able to exercise because of an injury, and all of his readings dropped substantially as well. I got my daughter and sister one of the EW cookbooks, and my in-laws are looking at them now. Besides helping with weight and bloodwork, the recipes are scruptious!!! Thank you for this book!!!

1 of 1 people found the following review helpful. Sodium content too high
By Sandra H. Kennedy
Returned book due to high sodium content in most recipes. I have noticed that Eating Well recipes in other of their publications tend to have sodium content in their recipes that is higher than anyone watching sodium would want. To title this heart healthy is questionable. It is a beautiful book with color photos and nutritional breakdown of each recipe. But I cannot recommend it.

A leading heart doctor's program that could cut your risk of heart attack by more than 50 percent just by making a few changes to your diet and lifestyle. Phil Ades is that doctor and in his exciting book he shares what he has found from more than 25 years of leading research into cardiac rehabilitation: you can change your fate by simply eating well. What's more, he tracks the progress of patients who are living proof of his program's success. After working with hundreds of patients, Ades has isolated the top factors that have made a difference. He provides an easy-to-follow, step by step program on how to change your eating habits, starting with tracking what you eat and being aware of the number of calories and the types of calories you are consuming. He then shows how to eliminate the "bad fats" (saturated fats) and increase the "good" ones, using EatingWell's clever heart-healthy recipes that virtually eliminate the need for butter. This simple program demonstrates how a few easy changes can add years to your life. More than 175 recipes from the acclaimed EatingWell Test Kitchen show you how to make this a delicious journey, with recipe ideas that will become staples you'll pass on to family and friends. Full-color photographs throughout

About the Author Philip A. Ades, M.D., is professor of medicine at the University of Vermont and a specialist in preventive cardiology and cardiac rehabilitation. His research has been funded by the National Institutes of Health, and he is widely viewed as both a national and international expert on the links between obesity and coronary heart disease. He lives in Shelburne, VT. The EatingWell Media Group is a fast-growing communications company producing an award-winning national consumer magazine, high-quality food- and nutrition-related books, a content-rich website, e-mail newsletters, and serving content to strategic partners with other electronic media.