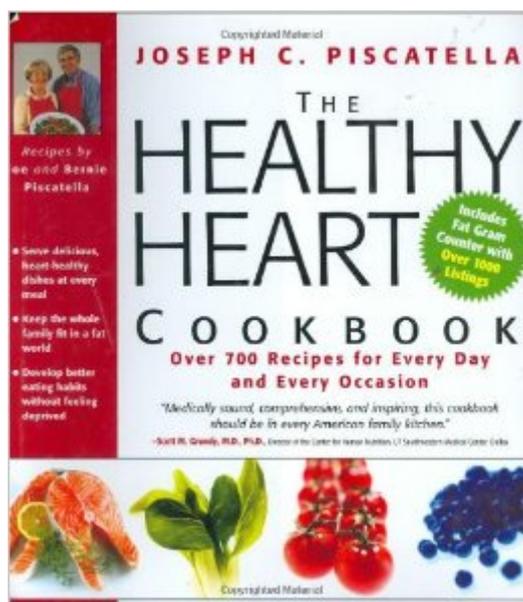


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# Healthy Heart Cookbook: Over 700 Recipes For Every Day And Every Occasion



## Synopsis

For the millions of Americans living with heart disease, The Healthy Heart Cookbook provides hundreds of delicious and healthy recipes for all the family favorites, from hamburgers to pancakes! In The Healthy Heart Cookbook, Joe Piscatella, a heart patient himself, who has turned his life and health around by following a healthy diet, 700 of the BEST recipes from Joseph C. Piscatella's five cookbooks (which have more than 2,000,000 copies in print and are used by more than 5,500 hospitals). The 700 recipes "which range from Taco Pizza to Grilled Teriyaki Salmon to marinated flank steak and Chocolate Pudding" are quick-to-fix and delicious. Based on guidelines from the American Heart Association, each recipe includes nutritional breakdowns, and the 1000-plus-entry fat-gram counter for common foods makes healthy substitutions a breeze. Perfect for the whole family!

## Book Information

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Product Dimensions: 9 x 1.4 x 10 inches

Shipping Weight: 3.8 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (50 customer reviews)

Best Sellers Rank: #89,600 in Books (See Top 100 in Books) #39 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#)

## Customer Reviews

If you need low sodium recipes then buy low sodium cookbooks. Since this was a heart healthy cookbook I thought I would be ok with it but not so. Sodium content per serving in most of the recipes is way too high. How can anything with loads of sodium be heart healthy?

I had a previous version of Joseph Piscatella cookbooks (Controlling Your Fat Tooth) I enjoyed many of recipes in this book but it was falling apart. His recipes taste good as well as low in fat which I was looking for. I gave it only four stars because the index could be much better.

My husband had a heart attack last summer. Upon looking at heart healthy cookbooks at the book

store, I quickly picked this one out. The recipes are tasty and healthy. Most of the recipes I've tried have turned out very well. I got this cookbook on for a gift to someone else. Be sure to try the Macaroni and Cheese - it is great!

The recipes I have tried so far have been great but I wish time frames were given for both the prep time and cook time. Since they are not given I suggest you completely read all the directions for a recipe you are thinking about before starting so that you don't run out of time or end up eating at a late hour. There is also an extensive amount of information about eating healthy and what to look for when shopping. It's a lot to remember and will take some time getting used to. I live in a small town so it is not always easy finding the healthier substitutes suggested but what I have found has made a difference.

this is a fantastic book loaded with recipies and photos. Not just for those looking to care for their heart but also for those that just want to eat healthier.

I'm so glad I ordered this book. My husband recently underwent coronary bypass surgery at 44 yrs old. In the past I've been somewhat careful of diet and exercise...until now. I was in desperate need of good information and recipes that taste good and found both in this book. I very much appreciated that I could look at all the reviews and get a peek at the content. Thank you so much.

This is a great book of recipes - if you are a cook that has 1,000,000 spices in your home! All of the recipes look great and sound great, but there are just so many random spices to have. If you are a very simple eater - try another recipe book.

This is a great cook book. We have been enjoying many of the recipes . My Husband had a heart attack Christmas morning and I have high cholesterol , so we decided on this cookbook to help us better our way of living . It was very informative in many areas as well. Topped with exercising, we are well on our way to a better lifestyle and have both lost 11lbs. each so far. Highly recommend this book !

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