



The Heartwatchers Cookbook

LM Reder



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Publishers' International ISBN Directory,1998 **Books In Print 2001-2002** R R Bowker Publishing,2001-09 Barbecue Cookery Cecilia Norman,1984 **Books in Print**,1998 The American Heart Association Cookbook Ruthe Eshleman,American Heart Association,1986 A cookbook that emphasizes low cholesterol recipes and those that promote weight control **The Heart Smart Healthy Exchanges Cookbook** JoAnna M. Lund,1999-02-01 Doctors and scientists agree that the right diet may help control and prevent heart disease But how can you eat heart smart meals without giving up on taste JoAnna Lund s Healthy Exchanges system shows you how by giving you commonsense ways to adapt the foods you like to eat With easy to cook delicious recipes that are low in fat sugar and sodium and high in fiber and vitamins you can prepare healthy meals that are good for you heart with the taste of the down home suppers you ate at Grandma s house Satisfy your whole family with such savory meals as Cheesy Tuna Garden Skillet Stovetop Chicken and Broccoli or Red Rice

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