

Anne Lindsay

The New Lighthearted Cookbook

Recipes for Heart Healthy Cooking



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The Lighthearted Cookbook has sold over 500,000 copies!

The Lighthearted Cookbook Recipes For A Healthy Heart

Tian-Chu Shih



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The New Lighthearted Cookbook Anne Lindsay, 2005 What's the best way to stay healthy? Eat a diet that is low in saturated and trans fats, high in whole grains, fruit and vegetables and includes a variety of foods. But food also represents comfort, celebration, love and sharing. And while we all want to have a healthy heart and a healthy life, most of all we still want to enjoy delicious food. The New Lighthearted Cookbook features over 150 delicious recipes that have been retested for today's taste and includes comprehensive nutritional analysis and the Diabetes Association's Food Choice Values. The Introduction sets out the latest information on the basics of healthy eating for children, teens, adults and seniors and is an indispensable guide for new parents. The Heart and Stroke Foundation's mission is to improve the health of North Americans by preventing and reducing disability and death from heart disease and stroke through research, health promotion and advocacy. A portion of the proceeds from the sale of this book will go to support heart research.

The Light-hearted Cookbook Anne LINDSAY, 1991 The Lighthearted Cookbook Anne Lindsay, 1988 This book, published in co-operation with the Canadian Heart Foundation, contains 200 healthy and mouth-watering recipes from a Seafood Lettuce Roll appetiser to Strawberry Mousse. These quick and easy recipes, many with microwave instructions, are based on the Canadian Heart Foundation's dietary recommendations and are accompanied by a nutritional analysis listing useful information such as amount of fat, calories, cholesterol, carbohydrates and sodium. A practical Lifestyle section offers helpful tips on feeding a family on the run, on teaching children healthy eating habits, on eating out and on cooking for one. In addition, Canadian Diabetic Food Choice Values are given for all recipes. In short, The Lighthearted Cookbook contains everything you need to put your healthy heart plan into action. It's deliciously simple.

The New Lighthearted Cookbook Anne Lindsay, 2003-01 Fifteen years ago Key Porter, in co-operation with The Heart and Stroke Foundation, published Anne Lindsay's The Lighthearted Cookbook. It became a monumental event in healthy eating cookbook publishing. Since 1988, The Lighthearted Cookbook has been an invaluable guide in many Canadian kitchens, proving that it is easy and indeed enjoyable to create delicious and healthy meals. This is not simply a revised edition; this is The Second Edition, redesigned with new information, revised and updated information and all new delectable food photography. Featuring 200 fresh, easy and healthy recipes with dietary recommendations and nutritional analyses, twenty-five new recipes have been added. Old favourites have been retested and rewritten to reflect today's sophisticated tastes as well as the advances in heart health research. Practical lifestyle section offers tips on feeding a family healthily and easily. How to teach children healthy eating habits. Diet and activity section. Fiber and wholegrain focus. Tips on dining out healthily. Cooking for one. Canadian Diabetic Food Choice Values for all recipes. The Lighthearted Cookbook: The Second Edition gives you the information you need quickly, easily and deliciously. More than ever, this is your daily guide to putting your healthy living plan into action. The first and still the best in 2003. It's deliciously simple. April 2003

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lifestyle begins with healthy eating Anne Lindsay author of *The American Cancer Society Cookbook* has created more than 200 new recipes for everything from pizzas and burritos to elegant desserts that are high on taste and appeal yet healthy and low in fat Part of proceeds to benefit cancer research 16 full color photos *The New Lighthearted Cookbook* Anne Lindsay Greer McCann,2005 **The Lighthearted Cookbook [sound Recording] : Recipes for Healthy Heart Cooking** Isaacs, Norma,Anne Lindsay,1990 **Health Related Cookbooks** Tian-Chu Shih,1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA

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