



HAPPY HEART COOKBOOK

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BASIC - NUTRITIOUS
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LOW SUGAR-LOW SATURATED FAT
OVER 170 RECIPES

TOTAL MENU NUTRITION CHART FOR EACH MEAL
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OUR NUTRITION GUIDELINES IN CHANGING OUR DIET

A PERSONAL ACCOUNT.....
FROM HEART ATTACK TO MENU PLANNING
FOR A HEALTHY, HAPPY HEART

by grace kurasz

The Happy Heart Cookbook

Irish Heart Foundation



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