



Heart Healthy Cookbooks

If you're looking for some heart healthy recipes that will make your heart and your taste buds happy, check out these books at your local library or bookstore:

Lighthearted at Home: The Very Best of Anne Lindsay

2010, Anne Lindsay. John Wiley and Sons.

HeartSmart Flavours of India

2003, Jamal K. Douglas and McIntyre.

The New Lighthearted Cookbook: Recipes for Heart Healthy Cooking

2005, Anne Lindsay. Key Porter books Ltd.

HeartSmart: The Best of HeartSmart Cooking

2006, Bonnie Stern. Heart and Stroke Foundation.

Simply Great Food

2007, Dietitians of Canada. Robert Rose.

HeartSmart Chinese Cooking

1996, Stephen Wong. Douglas and McIntyre.

Eat, Shrink & Be Merry! Great Tasting Food That Won't Go From Your Lips To Your Hips

2005, Janet & Greta Podleski.

The American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in your Diet

2006, American Heart Association.

American Heart Association Low-Fat, Low Cholesterol Cookbook, 4th edition: Delicious Recipes to Help Lower Your Cholesterol

2008, American Heart Association.

Web Sites

Dietitians of Canada – provides a variety of tools to help you evaluate your food choices, plan menus and test your nutrition knowledge.

www.dietitians.ca

- **EATracker** – get personalized feedback on your daily food and activity choices.
- **Recipe Analyzer** – use this tool to find out the nutrients in your favourite recipes, and how many Food Guide servings your recipe provides.

EatRight Ontario – Search for tasty, healthy recipes.

<http://www.eatrightontario.ca>

Heart and Stroke Foundation of Canada. Provides useful heart health information, as well as low sodium, heart healthy recipes and more.

www.heartandstroke.ca

American Heart Association. Information about cookbooks and other useful heart health information. www.americanheart.org

National Heart, Lung & Blood Institute (US) www.nhlbi.nih.gov. For a 20 page handout on the DASH diet.

www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm

Health Canada "Eating Well with Canada's Food Guide". Available at

www.healthcanada.gc.ca/foodguide

Dietitian: _____ Phone: _____