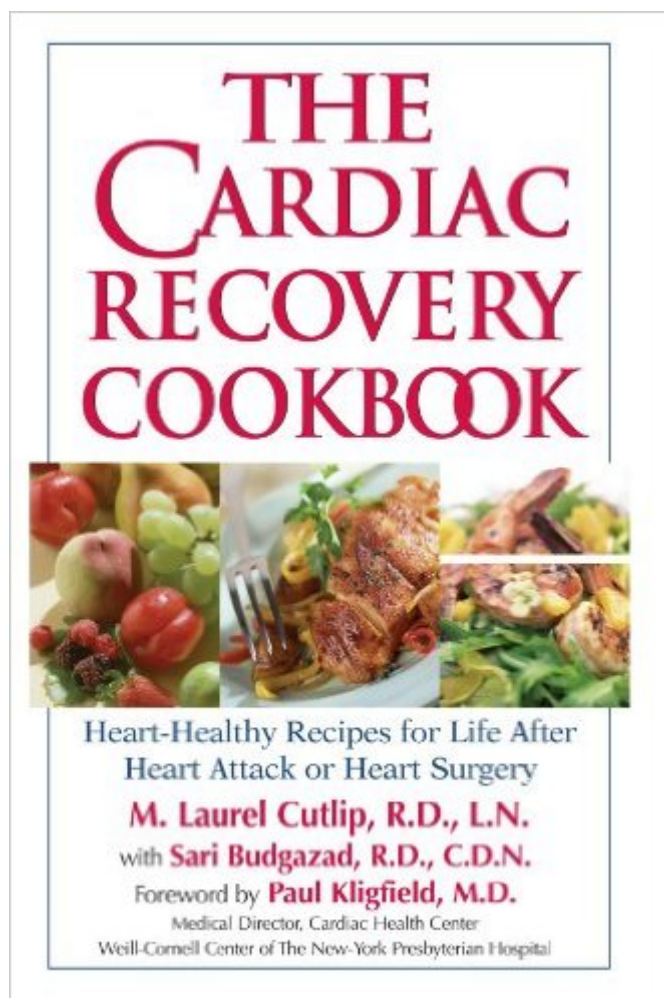


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# The Cardiac Recovery Cookbook: Heart Healthy Recipes For Life After Heart Attack Or Heart Surgery



## Synopsis

Help Your Heart by Eating Right! If you are looking to eat healthier and still enjoy mealtime, open your kitchen to *The Cardiac Recovery Cookbook*. This indispensable companion to *The Cardiac Recovery Handbook* contains over 100 quick, easy, and delicious NIH-approved recipes to help cardiac patients eat well on the road to wellness. Whether you want a quick meal, a nutritious dinner, or a heart-healthy dessert, this book is packed with great tasting recipes the whole family can enjoy. All the recipes are reduced in saturated fat, cholesterol, and sodium, and come complete with detailed nutritional information. Eat to your heart's content with *The Cardiac Recovery Cookbook*.

## Book Information

Paperback: 216 pages

Publisher: Hatherleigh Press (April 15, 2005)

Language: English

ISBN-10: 1578261899

ISBN-13: 978-1578261895

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (50 customer reviews)

Best Sellers Rank: #32,707 in Books (See Top 100 in Books) #13 in [Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol](#) #25 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #5191 in [Books > Health, Fitness & Dieting](#)

## Customer Reviews

*The Cardiac Recovery Cookbook: Heart-Healthy Recipes For Life After Heart Attack Or Heart Surgery* by registered dietician and licensed nutritionist M. Laurel Cutlip and nutrition consultant Sari Budgazad offers a 216-page compendium of easy to make, good tasting and good for you recipes that are characterized by reduced saturated fat, cholesterol, and sodium. Each recipe is provided with detailed nutritional information and range from Breakfast Quesadilla; Flax French Toast; Mexican Pozole; and Baked Pork Chops; to Crispy Oven-Fried Chicken; Baked Trout; New Orleans Red Beans; and Summer Breeze Smoothies. There is something here for any and all dining occasions from appetizers and soups, to entrees and side dishes, to mouth-watering palate-pleasing desserts. While *The Cardiac Recovery Cookbook* is especially recommended for anyone recuperating from cardiac problems, these 100 quick and easy recipes will be equally

appreciated by their families and friends wanting to join in the recovering cardiac patient at meal times.

This book was so out of cardiac integrity in the recipe contents that I couldn't even pass the book on. I tore out recipes that I could modify to come more in line with American Heart Association's recommended Mediterranean diet guidelines. Cardiac recovery is truly a matter of life and death to those of us given second chances. This means those who give advice in any way about it need to be as authentic as possible. Those who write recipes need to be responsible in considering the whole picture of cardiac: low carbs, low fat, low sodium and little beef. I recommend Joe Piscatella's book "The Road To A Healthy Heart Runs Through The Kitchen". Great information and tasty and healthy recipes.

I bought this book as a gift for my parents-- my father recently having had a valve replacement unexpectedly. They have found the cookbook useful, easy, and worthwhile. They certainly don't fit in the "leisure time chef" category but found the cookbook useful and enjoyable. Eating food that's good for you can be quite frustrating if you haven't learned to be and cook healthy your entire life. This helped.

I tried a couple of the recipes and they weren't very good.. so I adjusted them and they worked ok.. There was not a lot of info about heart related dietary needs so it will be a sometime cookbook. I prefer cookbooks on a binder spiral so they are easier to use.

I found this book to be helpful at a frightening time for us. I am the cook and prior to my husband's heart surgery we enjoyed food that paid little attention to health issues. That changed fast and access to this reasonable book was helpful.

My mother recently had double bypass surgery. Upon her return home she was very depressed with the prospects of never enjoying a good meal again due to all the restrictions the doctor gave her. This book gave her the motivation to push forward onto a healthy lifestyle where she could still enjoy meals. Very informative.

I am a cookbook fanatic and have probably more than my local library has. Yes, I use them all. Here is the problem with this cookbook. No Visuals. I like to know what my meal should look like. Also

ingredients I never heard of. Since I will not use the book that often it will go in my next garage sale. Sorry!

Not as good as expected. There are better cookbooks on the market for Heart Healthy cooking than this one. It does give an in-depth explanation of why the changes in diet are needed and how they effect your heart, but so do the better cookbooks.

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