

Over 150 "down-home" recipes that are good for your heart—and your taste buds!



THE HEART SMART HEALTHY EXCHANGESSM COOKBOOK

"A valuable resource for patients with heart disease as well as those wishing to take a step toward a heart-healthy lifestyle."

—Debra Richard-Jones, R.N., L.D.,
Harbor University Medical Center

"I recommend this cookbook to all my cardiac patients, diabetics, smokers and to those folks who just want to improve overall health. Eat well and enjoy! As you will see, it is possible to do both at every meal."

—Margaret M. Krenner, M.S., R.D.,
L.M.N.T.



Joanna M. Lund

author of the Healthy ExchangesSM cookbook series

Introduction by Susan M. Fitzgerald, R.N., M.S.

Heart Smart Healthy Exchanges Cookbook

Patrick Vollmar



Heart Smart Healthy Exchanges Cookbook:

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 Skillet Then enjoy Sam s Baked Rice Pudding Chocolate Raspberry Cheesecake or Oatmeal Chocolate Chip Cookies from among the many tempting guilt free desserts If your goal is a lifetime of good health and isn t everyone s The Heart Smart Healthy Exchanges Cookbook can give you a giant step in the right direction

The Cancer Recovery Healthy Exchanges Cookbook JoAnna M. Lund, Barbara Alpert, 2000 The best selling author of the Healthy Exchanges Cookbook presents 175 easy to prepare recipes for nutritious and healing dishes that are designed to promote cancer prevention and recovery

The Open Road Cookbook JoAnna M. Lund, Barbara Alpert, 2003-04-01 RVs are becoming a more popular vacation choice than ever as people crave more family time and seek to avoid the anxieties and hassles of air travel And when RVers boaters campers and tailgaters are out on the open road or water they still want healthy home cooking Now with this unique collection by seasoned RVer and million selling cookbook author JoAnna Lund vacationers and retired folks can eat as healthfully on the road as when they re at home Lund sticks to recipes that are both easy to whip up and easy on the sodium fat and calories And she also offers her old hand traveler s survival tips including storage cupboards vs freezers transporting for those potlucks and picnics pre trip food prep grocery shopping to perish or not to perish skillets spatulas and stuff best brands for healthy eating

Healthy Exchanges Cookbook JoAnna M. Lund, 1999 Lund s classic bestselling cookbook now available in an easy to use lay flat binding With the 160 recipes collected in this volume anyone can lose weight and eat healthier while enjoying the real foods they crave

Cooking Healthy with Soy JoAnna M. Lund, 2005 Using more than two hundred taste tested recipes the author of the Healthy Exchanges cookbook series explains how to incorporate soy into an everyday high protein low carbohydrate dietary program introducing a variety of soups salads vegetable and side dishes main courses desserts breads and breakfast items Original

A Potful of Recipes JoAnna M. Lund, Barbara Alpert, 2001-01-01 Featuring an easy to use lay flat binding this Healthy Exchanges cookbook offers a wide range of delicious and nutritious recipes that can be prepared in a slow cooker Original

Baking with Splenda JoAnna M. Lund, Barbara Alpert, 2005-12-27 Take the Sin out of Cinnamon Rolls From fresh baked bread and biscuits hot from the oven finger licking pies and decadently sweet cobblers to heavenly coffeecakes sinful cheesecakes and gooey chocolate chip cookies JoAnna Lund has accomplished the impossible using Splenda No Calorie Sweetener Whether it s her Peanut Butter Cup Cookies Blueberry Crumble Pie or

Cappuccino Cheesecake JoAnna s more than 200 baked goods and desserts are as quick and easy to whip up as they are low in sugar carbs and fat This all new collection also features Baking Plus Recipes for sauces glazes and toppings Special section of recipes using Splenda Sugar Blend for Baking Cooking and baking secrets and tips to get the best results with the least calories and fat Best bet recipes for your bread machine Cooking for Two JoAnna M. Lund,2006 An all new compilation of more than two hundred two portion recipes includes healthful and delicious salads side dishes entr es soups and desserts along with tips on choosing and using ingredients complete nutritional data and helpful cooking hints Original 50 000 first printing String Of Pearls JoAnna M. Lund,Barbara Alpert,2002-02-05 In 1994 JoAnna Lund self published her first book The Healthy Exchanges r Cookbook with a two thousand dollar loan from her local bank and the determination to bring her message of hope to the countless people seeking to live healthy in the real world Today JoAnna s books total more than one million copies in print and her easy to prepare healthy recipes have won the hearts of home cooks across the country But more than just healthy recipes have attracted this legion of fans to the self proclaimed Diet Queen of DeWitt Iowa Over the years JoAnna has shared her common folk wisdom through her personal appearances and public lectures her television and radio shows and in her books and newsletter Now that wisdom is distilled in String of Pearls Like pearls the insights revealed in this book are precious each has been polished by hard work and burnished by experience And while each may be beautiful alone when taken together they create a vision of beauty strength and durability Yet String of Pearls is as practical down to earth and full of common sense as JoAnna herself With this book she helps readers feel good about themselves and focus on the truly important and enduring things in their lives JoAnnas Kitchen Miracles JoAnna M. Lund,2004-09 Eat Smart for a Healthy Heart Cookbook Denton A. Cooley,Carolyn E. Moore,1987 Menus and individual recipes include information on calories carbohydrate protein fat cholesterol saturated fat sodium potassium calcium iron and fiber content Recipes also include exchange information for use in weight control and diabetes mana gement Exchange patterns ranging from 1 000 to 3 000 calories tips for decreasing fat sodium and sugar and for increasing fiber a medical glossary and a subject index are provided Cooking Healthy Across America JoAnna M. Lund,Barbara Alpert,2001 JoAnna Lund s favorite regional recipes are now available in a special comb bound edition All of the recipes from Pilgrim s Corn Chowder to Alamo Fudge are low in fat calories and cholesterol Cp Deluxe Potful of Recipes Ams JoAnna M. Lund,2003-08-08 **Fresh from the Hearth** JoAnna M. Lund,1999 Grandma Jo's Soup Kettle JoAnna M. Lund,1999 Fast, Cheap, and Easy JoAnna M. Lund,1999 When time and money are tight there is a better solution than greasy fast food In this collection of 100 original recipes the author shows us how to create meals that are tasty and healthy from start to finish including appetizers salads vegetables main dishes and desserts And she s made sure that none of her recipes are budget breakers or backbreakers so even the busiest and most cost conscious cook can count on them for simplicity and satisfaction Back cover **The Cumulative Book Index** ,1999 **Cataloging Bulletin** Hennepin County Library.

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