



The Healthy Heart Cookbook for Dummies[^] (Volume 1 of 2) (EasyRead Large Bold Edition)

James M. Rippe M.D.

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Julia Child in her classic book, *The Way to Cook* (published by Knopf), writes of her concern that low-fat cooking may rob us of "the pleasures of the table." I couldn't agree more! There is no reason for low-fat, low-cholesterol, heart-healthy cooking to rob us of the pleasures of food. Eating is one of the great joys of life. And food doesn't have to be grim and punishing in order for it to be healthy for your heart. In this book, with the assistance of over 50 top chefs, I show you how to make heart-healthy cooking one of the great "pleasures of the table." You'll be surprised at how simple measures can help you cut the fat without cutting the taste. The recipes in this book are not your run-of-the-mill low-fat recipes. Here, you'll find gourmet recipes that are easy to make and taste great. Although I care passionately about the links between nutrition and the healthy heart, I am not a food cop. My background as both a cardiologist and a chef make me uniquely suited not only to care for your heart but also to provide you with meals that won't leave you feeling deprived. I recognize that in order for people to change their habits, they must be given food options that are tasty and exciting. The nutrition aspects of food must meld with pleasure and taste. So *The Healthy Heart Cookbook For Dummies* is about great tasting, heart-healthy nutrition. I want to make you the heart-healthiest, most satisfied eater - and reader - ever to walk this planet.

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