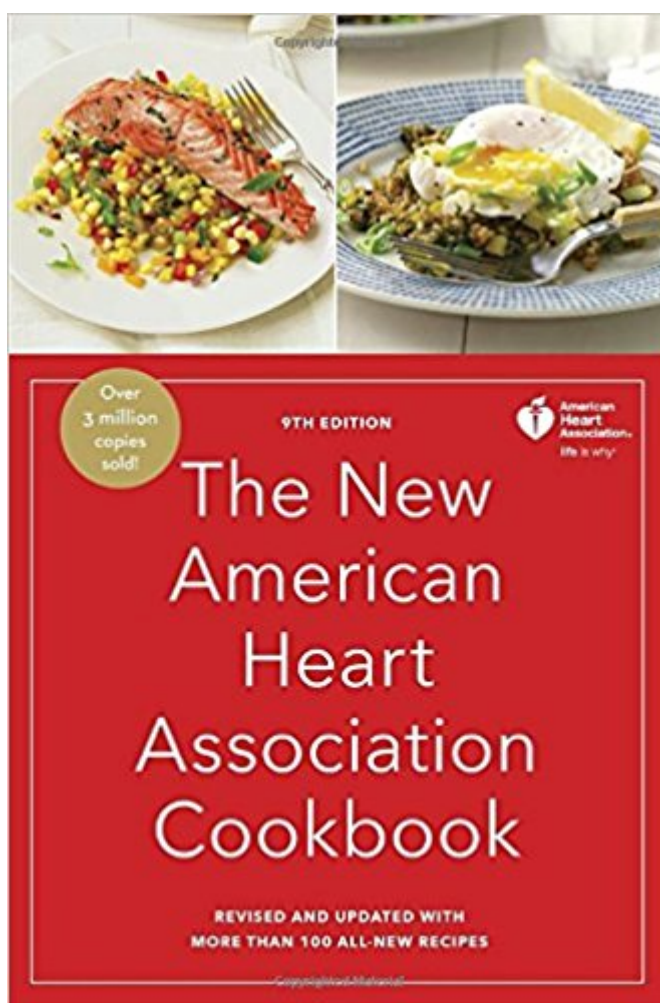


The book was found

The New American Heart Association Cookbook, 9th Edition: Revised And Updated With More Than 100 All-New Recipes



Synopsis

Here is the ultimate resource for anyone looking to improve cardiac health and lose weight, offering 800 recipes--100 all new, 150 refreshed--that cut saturated fat and cholesterol. The American Heart Association's cornerstone cookbook has sold more than three million copies and it's now fully updated and expanded to reflect the association's latest guidelines as well as current tastes, with a fresh focus on quick and easy. This invaluable, one-stop-shopping resource -- including updated heart-health information, strategies and tips for meal planning, shopping, and cooking healthfully -- by the most recognized and respected name in heart health is certain to become a staple in American kitchens.

Book Information

Series: American Heart Association

Hardcover: 544 pages

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Product Dimensions: 6.8 x 1.5 x 9.3 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 15 customer reviews

Best Sellers Rank: #35,367 in Books (See Top 100 in Books) #5 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #32 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #65 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

The mission of the American Heart Association is to build healthier lives, free of cardiovascular diseases and stroke. Its bestselling library of cookbooks includes Grill It, Braise It, Broil It; Healthy Slow Cooker Cookbook; Go Fresh; The Go Red For Women Cookbook; Low-Salt Cookbook, 4th edition; and The New American Heart Association Cookbook, 8th edition. americanheart.org

HUGE selection of recipes sure to fit anyone's tastes, but no photos!!!! Photos offer such an inspiration to make a dish, and I miss those so much!!! I would've paid more for the book had they

included those. Maybe they were trying to keep the costs down. If so, I can respect that, for sure. It's a very thick book and if you don't need photos, there's a ton here. If you need photos, you might be disappointed.

As others have mentioned, the new cookbook is disappointing in appearance because there are no pictures, nor any sketches or other artwork--just recipe after recipe. I also agree with other comments that the text is very small for a cookbook, especially since the book's intended audience is probably a little older. I would have preferred fewer recipes with a better layout. The book is packed with many, many recipes and I do intend to start using the book to see how they turn out.

Some good information. First two recipes I tried were only so-so.

Easy great recipes!

The pages are upside down in the hard cover. I turned the dust cover around so I don't notice.

Each recipe in the book includes a nutrition analysis so you can decide how that dish fits with your dietary needs. begins a chapter on the recipes included in the book, The New American Heart Association Cookbook. At five-hundred-and-forty-four pages, this hardbound targets those interested food recipes that are healthy and approved by the American Heart Association. Being the ninth edition, it contains more than eight-hundred recipes, with more than a hundred of them being new ones. After acknowledgments and three chapters on eating and living healthy, the recipes are divided into a dozen sections that include appetizers, snacks, and beverages, soups, salads and dressings, slow cooking, seafood, poultry, meats, vegetarian, vegetables and side dishes, sauces and gravies, breads and breakfast, and desserts, ending with an index. With no photographs, each recipe has a bolded title with serving size and a short description, followed by a list of ingredients in order used. Directions are in paragraph format with a separated section of nutritional content per serving. Two to four recipes are on each of the opened pages. ~ Why ~ While the majority of the recipes are taken from previous editions, this version includes quick and easy methods, slow-cooker creations, and one-pan meals. I like that there are ample choices to chose in everyday eating. ~ Why Not ~ Some may be disappointed there are no photographs so one does not know what the finished product looks like. Others may not like that there are repeated recipes from prior books or that the instructions are not in easy-to-read bullet format. ~ Wish ~ I wish each recipe

included the preparation time to make the dish. I feel anyone could go online and find the same recipes but including beautiful colored photographs. ~ Want ~ This is a comprehensive collection of recipes that are healthy for us. If you do not want to spend time online searching for something tasty and good for you to eat, having this reference book at your fingertips may be helpful. Thanks to Blogging for Books for this complimentary book that I am freely evaluating.

Even though this book is chalk filled with tons of recipes, I DO miss not getting to see any photos (except on the outside of the book itself). But I DO like how each chapter gives a rundown of the recipes coming in that particular chapter-especially since there are so many recipes IN each chapter. I also LOVE that each recipe comes with a little "forward" to make the recipe a little more interesting....since the recipes to me are just not that-at least not for me. The recipes themselves seem a bit "old" or from the past. I don't mean the past of ham in jelly but more like 80's'ish...if that makes sense. Just not very appealing or exciting to my own personal tastes, BUT there may be PLENTY of folks who DO love recipes like the ones in this cookbook, so of course, I encourage reading other reviews if you have an interest in this heart healthy cookbook. So another big bit of a put off for me was that this book encourages the use of white flours, cereals, aluminum foil, vegetable oil, (Please check out this funny video, "Why Coconut Oil Kills") low fat/fat free....free with additives (!)...it just seems so odd to me that in this day and age...could these recipes be stuck in old habits....old ways? This book is indeed intended to be about heart health, but I ALWAYS encourage anyone I know and care about to not just get their doctor check-ups but to also stay food educated and to put more focus on what works, in regards to your own personal body. Doctors don't know everything and that's okay, that's what nutritionists are for-and there are so many different ones out there to choose from. Simply put: Educating ourselves is KEY! So that is my review for The New American Heart Association Cookbook. Thank you so much for reading! I received this book from Blogging for Books for this review.

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Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug

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