

Dont Eat Your Heart Out Cookbook



With over 939,000 copies in print, used and recommended by more than 5,500 hospitals, and now completely revised and updated, Dont Eat Your Heart Out Cookbook is the bible for anyone seeking a heart-healthy diet. Incorporating the latest scientific and nutritional studies, lay expert Joe Piscatella outlines an effective plan for life-long heart health and explains the science behind it in plain-speaking language we all can understand. Packed with 400 healthy, low-fat recipes—soups, salads, sandwiches, poultry, seafood, and even red meats and desserts—painstakingly developed by Joe's wife Bernie, this indispensable book is a step-by-step guide to achieving a permanent change in dietary patterns. The author provides countless tips on adapting everyday recipes, ordering judiciously in restaurants, decreasing salt and sugar intake, losing weight and keeping it off. The new edition pays special attention to women and heart disease, explains HDL and LDL cholesterol and what the numbers really mean, and discusses coronary regression, the benefits of aspirin, and lifestyle factors vs. genetics. It dispels food myths—that shrimp is a no-no, alcohol is always unhealthy, and ground turkey is better than ground beef—and shows how to make use of low-fat food products.

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