Heart Healthy Recipes: Websites and Cookbooks

Websites

These sites have listings on their search engine for heart healthy and low-fat recipes.

- **American Dietetic Association**, www.eatright.org
- **American Heart Association**, www.heart.org
  1. Click on “Get Healthy”
  2. Next click on “Nutrition Center”
  3. Click on “Recipes” or “Cookbooks”
- **Betty Crocker**, www.bettycrocker.com
- **Calorie King**, www.calorieking.com
- **Cooking Light**, www.cookinglight.com
- **EatingWell**, www.eatingwell.com
- **Epicurious**, www.epicurious.com
- **Food Network**, www.foodnetwork.com

Cookbooks

- **Light and Healthy**, America’s Test Kitchen, 2015.
- **Prevent a Second Heart Attack: 8 Foods, 8 Weeks to Reverse Heart Disease**, Janet Bond Brill, PhD, RD, and Annabelle S. Volgman, MD, 2011.


• **WomenHeart’s All Heart Family Cookbook**, Kathy Kastan, Suzanne Banfield, Members of WomenHeart: The National Coalition for Women with Heart Disease and Wendy Leonard, 2008.

### Heart Healthy Handouts

Ask for the below handouts or go to [https://patienteducation.osumc.edu](https://patienteducation.osumc.edu) and use the website’s search engine to search for these handouts:

- Cooking Suggestions and Recipes for a Low Sodium Diet
- Eating Healthy on a Budget: Shopping Tips and Menu Ideas
- Heart Healthy Diet: Low Fat, Low Cholesterol, Low Sodium Diet
- Lite Recipes: Appetizers
- Lite Recipes: Breads / Muffins
- Lite Recipes: Desserts
- Lite Recipes: Entrees
- Lite Recipes: Soups and Salads
- Lite Recipes: Vegetables and Side Dishes
- Popular Fat Controlled, Low Cholesterol Recipes
- Tips for Eating More Fruits and Vegetables