



# **Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook: Featuring more than 150 tempting recipes**

*Bonnie Sanders Polin Phd*

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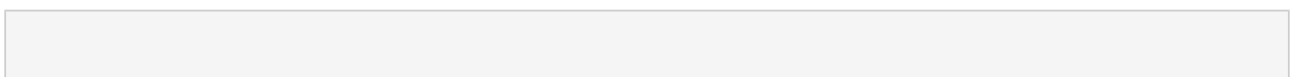
Ranked as the #1 heart hospital in America eleven years running by *U.S. News & World Report*, Cleveland Clinic is also world-renowned for its life-saving medical breakthroughs, including bypass surgery. The hospital performs more open-heart surgeries and transplants than any other hospital in America. Now, emphasizing prevention, it has teamed with cookbook authors Bonnie Sanders Polin and Frances Towner Giedt to create the most complete and easy-to-follow plan yet for preventing heart disease: *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook*.

Polin and Giedt have developed outstanding recipes that taste too good to be good for you (but are), ranging from Cajun Grilled Shrimp with Fresh Pineapple Salsa to Chipotle Chicken and Corn Tamale Pies, All-American Meatloaf, and even New York-Style Cheesecake. The authors also provide a week's worth of menus for each of three caloric plans to take the guesswork out of eating from morning to night.

With this guide handy, there's no irksome hunt for answers to heart-related diet and fitness questions. Just turn the pages to find:

- How many eggs can be safely consumed per week
- Lists of foods rich in omega-3 oils and tips on avoiding mercury in fish
- Ideas for healthy snacks under 200 calories
- Strategies for eating out
- Why fiber is the key to good nutrition
- How to choose the healthiest protein—and the facts on soy
- The latest findings on alcohol
- How using a pedometer can keep you out of a gym
- How to calculate a healthy body weight
- How to keep kids fit and cope with finicky eating habits

Backed by the reputation of Cleveland Clinic, this all-in-one guide is the easy, enjoyable way for Americans to care for their hearts and live longer, healthier lives.



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Spent a free time to be fun activity to perform! A lot of people spent their free time with their family, or their friends. Usually they doing activity like watching television, about to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the e-book untitled Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook: Featuring more than 150 tempting recipes can be great book to read. May be it could be best activity to you.

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This Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook: Featuring more than 150 tempting recipes is great e-book for you because the content that is certainly full of information for you who else always deal with world and have to make decision every minute. This specific book reveal it details accurately using great manage word or we can state no rambling sentences included. So if you are read the idea hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but difficult core information with attractive delivering sentences. Having Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook: Featuring more than 150 tempting recipes in your hand like keeping the world in your arm, info in it is not ridiculous just one. We can say that no e-book that offer you world in ten or fifteen second right but this reserve already do that. So , it is good reading book. Hello Mr. and Mrs. occupied do you still doubt that?

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for you. After you know how the fantastic a book, you feel need to read more and more. Science publication was created for teacher or even students especially. Those guides are helping them to add their knowledge. In other case, beside science e-book, any other book likes Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook: Featuring more than 150 tempting recipes to make your spare time a lot more colorful. Many types of book like this.

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