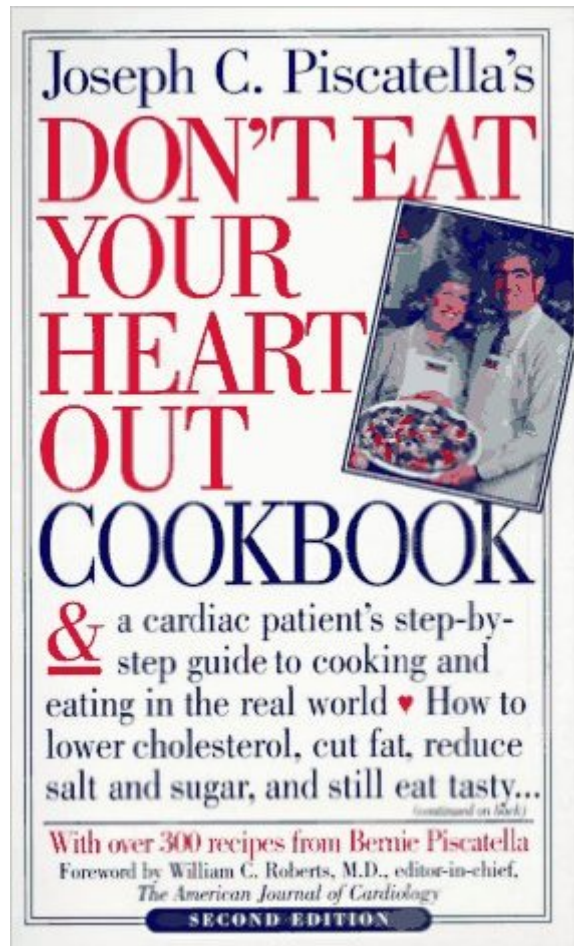


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# Don't Eat Your Heart Out Cookbook



## Synopsis

With over 939,000 copies in print, used and recommended by more than 5,500 hospitals, and now completely revised and updated, *Don't 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. IV>

## Book Information

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (22 customer reviews)

Best Sellers Rank: #1,242,095 in Books (See Top 100 in Books) #294 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #410 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #1053 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

The book provides a thorough description of the workings of the heart and how diet can impact its functioning. An easy to understand guide to nutrition, what is good and not good for cardiac functioning. The best aspect of the book is a simple yet effective method to count and control fat

intake based upon ones needs and physical condition. Easy to read and understand. I am purchasing additional copies for family members.

Having just been told I am a CAD patient, and undergoing the angioplasty/stent process, I had a special reason for picking up this book. What a source of useful information! I was amazed. Yeah, we all know "lots" about proper diet and exercise, don't we? Well, this author covers it in much greater depth. Heck, the wonderful recipes are almost a bonus! Even if you are completely convinced that you have no cardiac problems at all; have no risk factors; and are a diet guru - get this book! It is the best thing you could do for yourself. . . and your loved ones! Bon Appetite!

I started using this book for my husband. He has a combination of bad genetics and scant will-power. The dishes are very easy to make, most of the ingredients are already in your kitchen, and best of all, they are delicious. It is very easy to follow and you can't believe you are eating so healthy because it tastes so good.

After my father had an emergency triple-bypass, our entire family experienced a "wake-up call" and finally decided to start learning about our hearts and how to eat for better heart health. One by one, each of us has bought a copy of this book--it is SO well written and Mr. Piscatella explains everything so well that it makes you excited about eating healthier. He is also very realistic about what it takes to change habits you've developed over many years. The first half of the book is all of the background information you need and the second half is the cookbook portion. The recipes are a helpful way to get started in your new approach to cooking and eating! Do yourself a favor and get this book--and get one for others in your life who need to take better care of their heart!

Not only does the book contain helpful information about the heart, the recipes are delicious. My husband and I found we were eating smaller portions and feeling satisfied which helped us both to lose some weight.

I just bought this book for my husband and me, and I can't put it down. The information in the first half of the book is priceless. It goes in-depth about not only the workings of the heart and the causes of coronary heart disease, but also contains a step-by-step guide for how to change your lifestyle to prevent, control, or even reverse heart disease. The recipes in the second half are delicious and practical, if somewhat pricey. The author's focus is on presenting a practical, "do-able"

approach to health, and he certainly achieves that. If you aren't buying it for yourself, buy it for your kids... their future dietary habits are determined by how they eat today. And "traces of the disease are common in American children by age 10" (p. 25). I'm buying another one for a friend.

We used this cook book a long time ago when it first came out. It was great. My family lost weight by following the guided recipes and the food tasted good. We moved from Washington to Oregon in the late 80's and the Book disappeared. We are now retired and have some health problems. We have been looking all over for Don't eat your heart out cook book and it showed up on . We were afraid the price was going to be way to high or the book would be dirty and tore up. Well, Guess what?? The Cook Book was like brand new. It appeared like it had never been used. The price was excellent. We are so happy that we found it on and the person we bought it from told us the exact truth. I highly recommend the Joseph Piscatella. Again I want to say Thank You! Keep up the good work.

My sister told me a friend of hers had sent her this book and she recommended it to me due to my partner's latest diagnosis and need to be on a different diet. I am impressed with the teaching/learning aspect the doctor shares as well as the recipes, which are fairly simple and easy.

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