

Over 150 “down-home” recipes  
that are good for your heart—  
and your taste buds!

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# THE HEART SMART HEALTHY EXCHANGES® COOKBOOK

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“A valuable resource for patients with  
heart disease as well as those wishing  
to take a step toward a heart-healthy  
lifestyle.”

— Debra Hilliard-Jones, R.D., L.D.,  
Baylor University Medical Center

“I recommend this cookbook to all my  
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to those folks who just want to improve  
overall health. Eat well and enjoy! As  
you will see, it is possible to do both at  
every meal.”

—Maureen M. Kremer, M.S., R.D.,  
L.M.N.T.



## JoAnna M. Lund

author of the *Healthy Exchanges®* cookbook series

Introduction by Susan M. Fitzgerald, R.N., M.S.

# Heart Smart Healthy Exchanges Cookbook

**JoAnna M. Lund**



## **Heart Smart Healthy Exchanges Cookbook:**

The Heart Smart Healthy Exchanges Cookbook JoAnna M. Lund, 1999-02-01 Doctors and scientists agree that the right diet may help control and prevent heart disease But how can you eat heart smart meals without giving up on taste JoAnna Lund s Healthy Exchanges system shows you how by giving you commonsense ways to adapt the foods you like to eat With easy to cook delicious recipes that are low in fat sugar and sodium and high in fiber and vitamins you can prepare healthy meals that are good for you heart with the taste of the down home suppers you ate at Grandma s house Satisfy your whole family with such savory meals as Cheesy Tuna Garden Skillet Stovetop Chicken and Broccoli or Red Rice Skillet Then enjoy Sam s Baked Rice Pudding Chocolate Raspberry Cheesecake or Oatmeal Chocolate Chip Cookies from among the many tempting guilt free desserts If your goal is a lifetime of good health and isn t everyone s The Heart Smart Healthy Exchanges Cookbook can give you a giant step in the right direction

**The Diabetic's Healthy Exchanges Cookbook** JoAnna M. Lund, 1996-10-01 Real food for people living in the real world with diabetes Just because you re on a restricted diet doesn t mean you have to be a slave to the bland and boring Now you can eat exciting tantalizing foods control your condition and weight and stay heart healthy all with one comprehensive cookbook JoAnna Lund s Healthy Exchanges works because every one of these recipes must according to her four basic rules be Low in Fat and Sugar A diabetic demands less sugar less fat and lower cholesterol Easy to Make If it takes longer to cook than to eat you won t see it in this book Made from Ordinary Ingredients If you can t find it in a local supermarket you won t find it in this book As Tasty and Good as It Looks If a dish doesn t satisfy every sense the way old family favorites do it won t get eaten no matter how healthy it is The Diabetic s Healthy Exchanges Cookbook features more than 150 kitchen and family tested recipes complete with all diabetic and weight loss exchanges as well as information on calories and fat content plenty of helpful hints and a good dose of encouragement I recommend JoAnna s recipes to my diabetic patients Donna S Conway RN BSN MA CDE Creative fun EASY very tasty my diabetic patients favorites Yvonne Guthrie RD CDE

The Healthy Exchanges Diabetic Desserts Cookbook JoAnna M. Lund, 2003 Accompanied by the latest information on diabetes and pre diabetes this handy cookbook features more than two hundred luscious desserts including cakes puddings pies cookies brownies breads cobblers and cheesecakes all made with little or no fat or sugar Original

Healthy Exchanges Sensational Smoothies JoAnna M. Lund, 2004-05-31 More information to be announced soon on this forthcoming title from Penguin USA

**Hot Off The Grill** JoAnna M. Lund, Barbara Alpert, 2004-04-06 The newest book in the popular Healthy Exchanges series features 150 easy recipes for the electric grill JoAnna Lund offers dozens of healthy and delicious ways to get out of the grilling rut Sizzling selections include German Grilled Potatoes Egg and Mushroom Sandwiches Chicken Almondine Salad New England Crab Cakes Fried Apple Rings Blueberry Thrill Snacks and many more And with the Healthy Exchanges seal readers can be sure that these low salt low fat low sugar foods have been taste tested to perfection Covering all three meals of the day this book includes Recipe variations

Time saving tips Nutritional information Diabetic exchanges Weight loss choices With delicious choices for the entire family readers won't be able to get enough of their grills **The Open Road Cookbook** JoAnna M. Lund, Barbara

Alpert, 2003-04-01 RVs are becoming a more popular vacation choice than ever as people crave more family time and seek to avoid the anxieties and hassles of air travel And when RVers boaters campers and tailgaters are out on the open road or water they still want healthy home cooking Now with this unique collection by seasoned RVer and million selling cookbook author JoAnna Lund vacationers and retired folks can eat as healthfully on the road as when they're at home Lund sticks to recipes that are both easy to whip up and easy on the sodium fat and calories And she also offers her old hand traveler's survival tips including storage cupboards vs freezers transporting for those potlucks and picnics pre trip food prep grocery shopping to perish or not to perish skillet spatulas and stuff best brands for healthy eating **Healthy Exchanges**

**Cookbook** JoAnna M. Lund, 1999 Lund's classic bestselling cookbook now available in an easy to use lay flat binding With the 160 recipes collected in this volume anyone can lose weight and eat healthier while enjoying the real foods they crave

**The Cancer Recovery Healthy Exchanges Cookbook** JoAnna M. Lund, Barbara Alpert, 2000 The best selling author of the Healthy Exchanges Cookbook presents 175 easy to prepare recipes for nutritious and healing dishes that are designed to promote cancer prevention and recovery **Cooking Healthy With Splenda** JoAnna M. Lund, Barbara Alpert, 2004 From

soups to desserts more than 200 simple versatile recipes are featured in this cookbook which highlights Splenda the only sweetener approved by the FDA and the Atkins diet Lay flat comb binding **Cooking Healthy with a Pressure Cooker** JoAnna M. Lund, Barbara Alpert, 2007-12-04 Healthy recipes for any kind of pressure cooker Whether they're cooked in an old fashioned pressure cooker or a new electronic programmable one delicious dishes are only a few steps away with these Healthy Exchanges' low fat low sugar heavenly creations soup to nuts JoAnna Lund once again proves that healthy eating can and should be finger licking good In addition to approximately 200 quick and easy recipes the book includes Best pressure cooker tips for success How to create a Healthy Exchanges' pantry A Healthy Exchanges' chopping chart for easier preparation JoAnna's Ten Commandments of Successful Cooking How to read a Healthy Exchanges' recipe

Another Potful of Recipes JoAnna M. Lund, 2003 Featuring an easy to use lay flat binding a sequel to A Potful of Recipes offers a wide range of delicious easy to prepare and nutritious recipes that can be prepared in a slow cooker Original

*Pizza Anytime* JoAnna M. Lund, Barbara Alpert, 2007-02-06 America's all time favorite food made easy delicious and healthy Pizza Anytime serves up more than 200 recipes from appetizers to main courses and even desserts of America's favorite food pizza Now pizza lovers can enjoy this treat any time of the day From Tex Mex Appetizer Pizzas to filling meals of Irish Potato Crust Pizzas and such dazzling desserts as the Caramel Apple Pizza Pie JoAnna's tasty pies are quick to create and healthy to consume 30 Minutes to Mealtime JoAnna M. Lund, Barbara Alpert, 2007-05-01 Now cooks on the go can

prepare tasty convenient meals at home in thirty minutes or less Between work raising children or seeking that mythical me

time the home cook can get overwhelmed putting preparation of healthy tasty family fare on the back burner This cookbook makes it faster and cheaper to prepare a complete quick meal at home than to wait for take out Here are 50 complete menus comprised of 200 recipes each of which can be prepared from start to finish in half an hour or less Also included are JoAnna s Ten Commandments of Successful Cooking advice on how to read a recipe and complete nutritional information for every dish

Cooking Healthy with Soy JoAnna M. Lund,2005 Using more than two hundred taste tested recipes the author of the Healthy Exchanges cookbook series explains how to incorporate soy into an everyday high protein low carbohydrate dietary program introducing a variety of soups salads vegetable and side dishes main courses desserts breads and breakfast items Original

Baking with Splenda JoAnna M. Lund,Barbara Alpert,2005-12-27 Take the Sin out of Cinnamon Rolls From fresh baked bread and biscuits hot from the oven finger licking pies and decadently sweet cobblers to heavenly coffeecakes sinful cheesecakes and gooey chocolate chip cookies JoAnna Lund has accomplished the impossible using Splenda No Calorie Sweetener Whether it s her Peanut Butter Cup Cookies Blueberry Crumble Pie or Cappuccino Cheesecake JoAnna s more than 200 baked goods and desserts are as quick and easy to whip up as they are low in sugar carbs and fat This all new collection also features Baking Plus Recipes for sauces glazes and toppings Special section of recipes using Splenda Sugar Blend for Baking Cooking and baking secrets and tips to get the best results with the least calories and fat Best bet recipes for your bread machine

Cooking Healthy with a Food Processor JoAnna M. Lund,Barbara Alpert,2006-09-05 Today s food processing machines are more versatile affordable and easier to use than ever before And now is the time for readers to discover or rediscover the healthy goodness and time saving convenience of their food processors Even the cook who s all thumbs can easily whip up soups such as Easy French Onion Soup vegetables such as Dilled Potato Vegetable Bake main dishes Pork Tenders and Potato Bake even desserts Aloha Carrot Cake or Cheyanne s Peach Crumb Pie The book also features step by step instructions for any kind of food processor easy to find ingredients complete nutritional analysis and diabetic exchanges for every recipe JoAnna s Top Ten Tips for getting the most out of your food processor and lots of advice for stocking the pantry

A Potful of Recipes JoAnna M. Lund,Barbara Alpert,2001-01-01 Featuring an easy to use lay flat binding this Healthy Exchanges cookbook offers a wide range of delicious and nutritious recipes that can be prepared in a slow cooker Original

Cooking Healthy with a Microwave JoAnna M. Lund,2005 An all new compilation of healthful and delicious dishes specifically geared for microwave cooking features more than 240 recipes ranging from Creole Pork Tenders and other main course meals to tempting side dishes and luscious desserts accompanied by tips on ingredients and complete nutritional breakdowns for each recipe Original

Cooking for Two JoAnna M. Lund,Barbara Alpert,2006-05-02 Anyone can make tea for two but cooking a balanced interesting meal of two servings can be a challenge for newlyweds and empty nesters alike In this essential cookbook JoAnna Lund shows how to get the half used cans and never ending leftovers out of the refrigerator This all new collection includes more than 200 two portion Healthy Exchanges recipes for salads side dishes

entrees and even traditional big portion items like soups and desserts And of course like all of JoAnna s recipes so beloved by home cooks over the years every one is quick tasty and healthy      **String Of Pearls** JoAnna M. Lund, Barbara Alpert, 2002-02-05 In 1994 JoAnna Lund self published her first book The Healthy Exchanges r Cookbook with a two thousand dollar loan from her local bank and the determination to bring her message of hope to the countless people seeking to live healthy in the real world Today JoAnna s books total more than one million copies in print and her easy to prepare healthy recipes have won the hearts of home cooks across the country But more than just healthy recipes have attracted this legion of fans to the self proclaimed Diet Queen of DeWitt Iowa Over the years JoAnna has shared her common folk wisdom through her personal appearances and public lectures her television and radio shows and in her books and newsletter Now that wisdom is distilled in String of Pearls Like pearls the insights revealed in this book are precious each has been polished by hard work and burnished by experience And while each may be beautiful alone when taken together they create a vision of beauty strength and durability Yet String of Pearls is as practical down to earth and full of common sense as JoAnna herself With this book she helps readers feel good about themselves and focus on the truly important and enduring things in their lives

## Unveiling the Magic of Words: A Report on "**Heart Smart Healthy Exchanges Cookbook**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Heart Smart Healthy Exchanges Cookbook**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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