



# Diabetes and Heart Healthy Cookbook

*American Diabetes Association, American Heart Association*

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**Diabetes and Heart Healthy Cookbook** American Diabetes Association, American Heart Association  
Diabetes puts people at a very high risk of having a heart attack or stroke. To address this problem, the American Heart Association and the American Diabetes Association created a heart-healthy cookbook for people with diabetes. Now, it's back in an all-new and expanded edition, including new recipes, twists on previous favorites, updated meal planning advice, and a beautiful new design. It's truly a one-of-a-kind cookbook packed with delicious recipes people will genuinely enjoy! Every recipe is low fat, carb controlled, and sodium conscious. Most importantly, every recipe tastes great.

Recipes include everything from appetizers and breakfasts to dinners and desserts. With cardiovascular disease ranking number one on the list of diabetes-related complications, this is the must-have cookbook for anyone who wants to pump up his or her heart health! And it's great for those with prediabetes or people just looking to eat heart-healthier, too.

The original *Diabetes and Heart Healthy Cookbook* was a bestseller and a reader favorite. With new and updated recipes and an all-new look, this new edition is better than ever.

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