

## **HEALTH BOOKS WITH RECIPES:**

Mesley, Steven. *The Mediterranean Method*. Harmony, December 2019

Mark Menolacino, *Heart Solution for Women: A Proven Program to Prevent and Reverse Heart Disease*, Harper Collins, 2019

Hyman, Mark. *Food: What the Heck Should I Eat?* Little, Brown Spark, October 2019

Satchin Panda. *The Circadian Code: Lose Weight, supercharge Your Energy and Transform Your Health From Morning to Midnight*, 2018

Joe Fuhrman, *The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease*, Harper Collins, 2016

T. Colin Campbell, Caldwell B. Esselstyn, Pamela Popper, *Forks Over Knives: The Plant-based Way to Health*, Penguin Group (Australia), 2012

Josephson R. *Heartsmart Nutrition: Shopping on the Run*. Douglas & McIntyre, 2003.

T. Colin Campbell, *The China Study*, BenBella Books, 2006

## **COOKBOOKS:**

*These cookbooks are recommended for recipes and flavoring ideas, not as replacements for your diet guidelines. Look up these authors for other book titles.*

Hyman, Mark. *Food: What the Heck Should I Cook?* Little, Brown Spark, October 2019

Ann Grile Esselstyn and Jane Esselstyn, *The Prevent and Reverse Heart Disease Cookbook*, Penguin Group, 2014

Isa Chandra Moskowitz, Julieanna Hever, Del Sroufe, *Forks Over Knives – The Cookbook*, The Experiment, 2012

Graimes, Nicola. *Cooking with Beans, Grains, Pulses and Legumes*, Anness, 2006

Marjorie Hollands & Margaret Howard, *Choice Menus*, Canadian Diabetes Association, 2007

Mary sue Waisman, *Dietitians of Canada: Cook!*, Robert Rose, 2011

Dietitians of Canada, *Simply Great Food – 250 quick, easy and delicious recipes*. Robert Rose, Inc., 2007

Lindsay, A., *Lighthearted at Home: The Very Best of Anne Lindsay*, Random House, 2010

Stern B. *HeartSmart: the Best of Heartsmart Cooking*. Random House of Canada, 2006.

## **HEART HEALTHY RECIPE WEBSITES:**

Heart & Stroke Foundation: [www.heartandstroke.ca/get-healthy/recipes](http://www.heartandstroke.ca/get-healthy/recipes)

Academy of Nutrition and Dietetics: [www.eatright.org/resources/food/planning-and-prep/recipes](http://www.eatright.org/resources/food/planning-and-prep/recipes)

Cookspiration (Dietitians of Canada Recipes): [www.cookspiration.com](http://www.cookspiration.com)

Diabetes Canada: [www.diabetes.ca/diabetes-and-you/recipes](http://www.diabetes.ca/diabetes-and-you/recipes)

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Lentils Canada: [www.lentils.org/recipes-cooking/recipes](http://www.lentils.org/recipes-cooking/recipes)

Pulse Canada: [www.pulsecanada.com/food-health/recipes](http://www.pulsecanada.com/food-health/recipes)

## HEART HEALTHY WEBSITES:

Heart and Stroke Foundation of Canada: [www.heartandstroke.ca](http://www.heartandstroke.ca)

Dietitians of Canada, Eat Well Live Well: [www.dietitians.ca](http://www.dietitians.ca)

Dietitians of Canada, Eat Tracker: [www.eatracker.ca](http://www.eatracker.ca)

Health Canada "Eating Well with Canada's Food Guide": [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

National Heart, Lung & Blood Institute (US): [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Canadian Nutrient File 2007: <http://webprod.hc-sc.gc.ca/cnf-fce/index-eng.jsp>

Canadian Hypertension Society and Blood Pressure Canada: [www.hypertension.ca](http://www.hypertension.ca)

Blood Pressure Canada and The Canadian Stroke Network, "Sodium 101": [www.sodium101.ca](http://www.sodium101.ca)

The Kidney Foundation of Canada: [www.kidney.ca](http://www.kidney.ca)

Canadian Diabetes Association: [www.diabetes.ca](http://www.diabetes.ca)

American Diabetes Association: [www.diabetes.org](http://www.diabetes.org)

Mrs. Dash: [www.mrsdash.com](http://www.mrsdash.com)

Vegetarian Resource Group: [www.vrg.org](http://www.vrg.org)

Vegetarian Nutrition Dietetic Practice Group (ADA) nutrition: <http://vegetariannutrition.net>

Plant Based Nutrition by Michael Greger: [www.nutritionfacts.org](http://www.nutritionfacts.org)

Toronto Vegetarian Association: [www.veg.ca](http://www.veg.ca)

Physician Committee for Responsible Medicine: <http://pcrm.org/health/diets>

Pulse Canada: [www.pulsecanada.com](http://www.pulsecanada.com)

Lentils Canada: [www.lentils.ca](http://www.lentils.ca)

Flax Council of Canada: [www.flaxcouncil.ca](http://www.flaxcouncil.ca)

Fruits and Veggies More Matters: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

VegWeb: [www.vegweb.com](http://www.vegweb.com)

*This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.*