

Heart Healthy Recipes and Resources

Handouts

Ask for the below handouts or visit wexnermedical.osu.edu/patiented and use the website's search engine to search for these handouts and other heart healthy resources.

- [Cooking Suggestions and Recipes for a Low Sodium Diet](#)
- [Eating Healthy on a Budget: Shopping Tips and Menu Ideas](#)
- [Heart Healthy Diet](#)
- [Heart Healthy Eating with DASH](#)
- [Low Sodium 3-Day Sample Menu](#)
- [Simple Ways to Change a Recipe](#)
- [Tips for Eating More Fruits and Vegetables](#)

Websites

- Academy of Nutrition and Dietetics, eatright.org
- American Heart Association, recipes.heart.org/en
- Betty Crocker, bettycrocker.com/recipes/health-and-diet/heart-health-recipes
- Cookie + Kate, cookieandkate.com
- Dietary Guidelines for Americans (DGA), dietaryguidelines.gov
- EatingWell, eatingwell.com/recipes
- Epicurious, epicurious.com
- Food Network, foodnetwork.com/healthy
- Minimalist Baker, minimalistbaker.com/recipe-index
- Oh My Veggies, ohmyveggies.com
- Vegetarian Times, vegetariantimes.com

Cookbooks

- Adeena Sussman, & Solomonov, M. (2019). *Sababa: fresh, sunny flavors from my Israeli kitchen*. Avery, An Imprint of Penguin Random House.
- America's Test Kitchen. (2018). *The Best Simple Recipes*. America's Test Kitchen.
- America's Test Kitchen. (2021). *MORE MEDITERRANEAN: 225+ new plant-forward recipes inspired by the #1 diet*. Americas Test Kitchen.

- American Diabetes Association, & American Heart Association. (2014). ***Diabetes & heart healthy cookbook***. American Diabetes Association.
- American Heart Association. (2018). ***American Heart Association healthy slow cooker cookbook***. Harmony Books.
- American Heart Association. (2019). ***The New American Heart Association cookbook***. Harmony Books.
- Ball, S., & Segrave-Daly, D. (2018). ***The 30-minute Mediterranean diet cookbook: 101 easy, flavorful recipes for lifelong health***. Rockridge Press.
- Buettner, D., & Mclain, D. (2019). ***The Blue Zones kitchen: 100 recipes to live to 100***. National Geo-graphic.
- Clarke, E. (2020). ***The Well Plated Cookbook***. Penguin.
- Heller, M., & Rodgers, R. (2017). ***The Everyday DASH Diet Cookbook***. Grand Central Publishing; Re-print edition.
- Homolka, G., & Jones, H. K. (2019). ***The Skinnytaste Air Fryer Cookbook***. Clarkson Potter.
- Janet Bond Brill. (2011). ***Prevent a second heart attack: 8 foods, 8 weeks to reverse heart disease***. Three Rivers Press.
- Koslo, J. (2017). ***The heart healthy cookbook for two: 125 perfectly portioned, low-sodium, low fat recipes***. Rockridge Press.
- Krishna, P., Krishna, R., Kelley, M., Qamar, M., & Padma Lakshmi. (2019). ***Indian-ish: recipes and antics from a modern American family***. Houghton Mifflin Harcourt.
- O'Connor, L. (2021). ***Healthy Cooking for One Cookbook***. Rockridge Press.
- Poulson, B. (2019). ***The Healthy Family Cookbook***. Rockridge Press.
- Quinlivan, R. (2018). ***Cooking light annual recipes 2019***. Oxmoor House, an imprint of Time Inc. Books.
- Reynolds, I. (2024). ***Heart Healthy Cookbook for Beginners: Low-Fat, Low-Sodium, Cardiac-Friendly Recipes to Lower Blood Pressure and Cholesterol | Rich in Fiber, Vitamins, and Healthy Fats | 30-Day Meal Plan***. Independently published.
- Tremblay, C., Daniel Van Ackere, Keller, K., & America's Test Kitchen (Firm. (2011). ***Light & healthy 2011: the year's best recipes lightened up***. Americas Test Kitchen.
- Williams, C. (2019). ***Meals that heal: 100+ everyday anti-inflammatory recipes in 30 minutes or less: gut health, brain health, cancer prevention, heart health***. Simon & Schuster.

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.