

	Eat to Your Heart's Content!	8
1	Start Your Day with Breakfast	29
2	Smart Snacks and Breads	55
3	Pleasing-to-Your-Heart Fish	81
4	Take Heart with Poultry and Meat	103
5	Easy Dinners in 25 Minutes	131
6	Great Grains, Beans and Legumes	153
7	Simple Salads and Vegetables	181
8	Treat Your Heart to Dessert	207

Contents

	A Menu Plan with Your Heart in Mind	230
	Additional Resources	234
	Glossary of Heart-Healthy Terms	235
	The Doctor Explains Heart Tests	238
	Pantry Planner for Heart Health	239
	Helpful Nutrition and Cooking Information	241
	Metric Conversion Guide	243
	The Ciccarone Center for the Prevention of Heart Disease	244
	Index	245