



Delicious Heart Healthy Latino Recipes

U.S. Department of Health

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This book is a copy of a government agency publication. Dear Friends: Staying healthy can be a challenge, but simple lifestyle changes can help a lot—like eating healthy and being physically active. Research shows that engaging in these health-promoting behaviors can help reduce the risk of heart attack and stroke. The National Heart, Lung, and Blood Institute developed this cookbook to introduce Latino families to a variety of popular dishes prepared in a heart healthy way. ¡Qué viva la tradición! The traditional Latino cuisine is as varied as the cultural heritage of Latin America and the Caribbean. The recipes have all the nutrition and great taste that characterize this rich culinary heritage, but have less saturated fat, trans fat, cholesterol, sodium, and calories. The recipes show you how to prepare tasty, healthy meals. They use fat-free milk, small amounts of vegetable oil, lean cuts of meat, poultry without the skin, fish, beans, fruits, vegetables, and lots of fresh herbs and spices for flavor. Follow these heart healthy tips to start a tradition of healthy eating in your family. This updated recipe book includes new recipes, along with some of your old favorites. There is also information on heart healthy food substitutions, food safety, and a glossary of terms including other names in Spanish. Try these recipes for your daily meals, family celebrations, and fiestas. We know they will soon become your family's favorites!

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