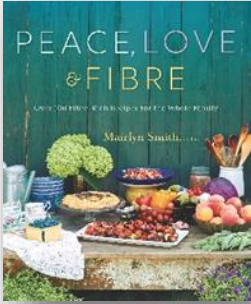
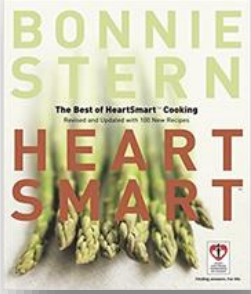


Recommended Cookbooks for Heart Health

| Cookbook Cover | Cookbook Name | Author | Website | Publisher |
|--|--|-----------------------|--|---|
|  | <p>Peace, Love and Fibre: Over 100 Fibre-Rich Recipes for the Whole Family</p> <ul style="list-style-type: none"> • Recipes are both plant and animal-based | <p>Mairlyn Smith</p> | <p>mairlynsmith.com</p> | <p>Appetite by Random House Toronto, ON (2019)</p> |
|  | <p>Yum & Yummer: Ridiculously tasty recipes that'll blow your mind but not your diet!</p> <ul style="list-style-type: none"> • Recipes are both plant-based and animal-based | <p>Greta Podleski</p> | <p>instagram.com/yumandyummer</p> | <p>One Spoon Media Inc. Granet Publishing Inc. Kitchener, ON (2017)</p> |

| Cookbook Cover | Cookbook Name | Author | Website | Publisher |
|--|---|---|--|---|
|  | <p>Nourish: Whole Food Recipes Featuring Seeds, Nuts and Beans</p> <ul style="list-style-type: none"> • Recipes are plant-based vegetarian | <p>Nettie Cronish and Cara Rosenbloom</p> | <p>nettiecronish.com wordstoeatby.ca</p> | <p>Whitecap Books, Toronto, ON (2016)</p> |
|  | <p>The Oh She Glows Cookbook: Vegan Recipes to Glow from the Inside Out</p> <ul style="list-style-type: none"> • Recipes are strict plant-based vegan | <p>Angela Liddon</p> | <p>ohsheglows.com</p> | <p>Penguin Canada Books Inc. Toronto, ON (2014)</p> |

| Cookbook Cover | Cookbook Name | Author | Website | Publisher |
|---|---|---------------------|---|--|
|  | <p>HeartSmart: The Best of HeartSmart Cooking</p> <ul style="list-style-type: none"> • Recipes are a mix of both plant-based and animal-based | <p>Bonnie Stern</p> | <p>bonniestern.com</p> | <p>Random House Heart and Stroke Foundation of Canada Toronto, ON (2006)</p> |

For more information go to: smgh.ca/patient-care-programs/regional-cardiac-care-centre/cardiac-rehabilitation/