

# 55 Heart Healthy Recipes: Delicious, Comforting, Energising Meals Rich in Beta



Healthy Brunch & Breakfast Eats Easy Low Fat Low Cholesterol Recipe Cookbook: 55+ Heart Healthy Recipes Delicious Comforting Energising Meals Rich in Beta ... & Dieting Recipes Collection Book 2) by Milly White

★★★★☆ 4.3 out of 5

Language : English  
File size : 5477 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 86 pages  
Lending : Enabled



Eating a healthy diet is one of the best things you can do for your heart. But eating healthy doesn't have to be boring! 55 Heart Healthy Recipes is a comprehensive guide to delicious, comforting, and energising meals that are rich in beta. This book offers a variety of recipes that are packed with essential nutrients and bursting with flavour.

## What is beta?

Beta is a type of dietary fiber that is found in fruits, vegetables, and whole grains. Beta has been shown to lower cholesterol levels, improve blood sugar control, and reduce the risk of heart disease and stroke.

## **Why is beta important for heart health?**

Beta helps to lower cholesterol levels by binding to cholesterol in the digestive tract and preventing it from being absorbed into the bloodstream. Beta also helps to improve blood sugar control by slowing down the absorption of sugar into the bloodstream. This can help to prevent spikes in blood sugar levels, which can damage blood vessels and lead to heart disease.

## **What are some good sources of beta?**

Some good sources of beta include:

- Fruits: apples, oranges, bananas, berries
- Vegetables: broccoli, cauliflower, carrots, spinach
- Whole grains: oatmeal, brown rice, whole wheat bread

## **What are some of the recipes in 55 Heart Healthy Recipes?**

55 Heart Healthy Recipes includes a variety of delicious and nutritious recipes, such as:

- Oatmeal with berries and nuts
- Grilled salmon with roasted vegetables
- Lentil soup
- Whole wheat pasta with tomato sauce
- Apple pie with oatmeal crust

## **How can I get my copy of 55 Heart Healthy Recipes?**

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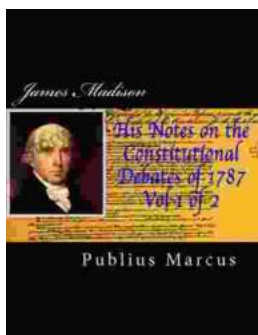
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