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### **Heart Healthy Home Cooking African American Style**

Heart Healthy Home Cooking African American Style With Every Heartbeat Is Life NIH Publication No.

08-3792 Revised May 2008

<http://rainer-ruber.de/Heart-Healthy-Home-Cooking-African-American-Style.pdf>

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### **Heart Healthy Recipes osumc edu**

American Heart Association, 2012. The New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life. American Institute for Cancer Research, 2005.

<http://rainer-ruber.de/Heart-Healthy-Recipes-osumc-edu.pdf>

### **Full E book American Heart Association Low Salt Cookbook**

Cooking Book Review: American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) by American Heart Association

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