

DINING A LA HEART EDUCATION MATERIALS

Cooking for a Lifetime

This cookbook contains over 300 heart healthy recipes designed to make low fat cooking easy & delicious. It also contains the American Heart Association Guidelines and tips for modifying recipes. Many of the recipes were developed by chefs from around Indiana. **\$15**



Lighten Up, Indiana..

PEDOMETERS will help you walk you way to better health. The

pedometer features include a step counter, distance, 7-day memory and Kcal counter. The pedometer comes in a clamshell packaging complete with instructions, a walking log and plenty of valuable information to help you step up to a happier, healthier life! **\$20**

The Guide to Heart Healthy Living

This comprehensive guidebook contains information on risk factors for heart disease, and information on how to lower your risks through lifestyle changes. Weight management, exercise, and stress reduction topics are also covered. Additionally, it contains sample menus, information on increasing fiber in your diet; and a summary of possible interactions between herbal products & prescription medications. **\$15**



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Health

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Pedometer \$20		
Fast Food Guide \$3		
Guide to Healthy Living \$15		
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