

# **Delicious Heart Healthy Latino Recipes**

**By U.S. Department of Health**

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### **6 Healthy, Energy-Filled Recipes You Can Prepare -**

Jul 29, 2015 Heart Health; Allergies; Fox News Latino; Fox News Go; Fox so taking 15 minutes to make these healthy delicious meals and snacks should not be a

<http://www.foxnews.com/us/2015/07/30/6-healthy-energy-filled-recipes-can-prepare-in-15-minutes-or-less/>

### **Recipes - National Heart Foundation of Australia -**

Resources for Aboriginal health; Healthy eating What is a Fats & cholesterol; Food labels; Heart Foundation Tick; Recipes; Mums United; BMI Calculator; Waist

<http://www.heartfoundation.org.au/healthy-eating/mums-united/tools/Pages/recipes.aspx>

### **Food & Recipes - Health.com -**

Healthy food can be delicious! Get easy, nutritious recipes that will please everyone, whether you're cutting calories, Nigella Lawson's Secrets to Healthy Eating.

<http://www.health.com/health/food-recipes/>

### **Healthy Recipes - Allrecipes.com -**

Find trusted recipes for eating healthy: Delicious recipes, party ideas, and cooking tips! Get a year of Allrecipes magazine for \$7.99! Related Videos.

<http://allrecipes.com/recipes/healthy-recipes/>

### **Weight Loss Recipes and Tips | MyRecipes.com -**

Lose weight for life with low-calorie recipes and menus, weight-loss tips Delicious Ways to Lose Weight. the salmon is packed with heart-healthy omega-3

<http://www.myrecipes.com/weight-loss-recipes>

### **Healthy Hispanic Recipes - Eating Well -**

Try our delicious and healthy Hispanic recipes Healthy Kids; Healthy Pregnancy; Heart Health; Immunity; Heart-Healthy Chicken

[http://www.eatingwell.com/recipes\\_menus/collections/healthy\\_hispanic\\_recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_hispanic_recipes)

### **10 Healthy Breakfast Recipes | Women's Health -**

10 Healthy Breakfast Recipes Start your morning off right Breakfast Burritos. Craving Mexican food but not the fat and About Women's Health; FAQ's;

<http://www.womenshealthmag.com/nutrition/healthy-breakfast>

### **What's Cooking? USDA Mixing Bowl -**

It's a no-stove recipe that's perfect when outdoor temperatures rise. View healthy, low-cost recipes for Supplemental Nutrition Assistance Program

<http://www.whatscooking.fns.usda.gov/>

### **Top Heart- Healthy Foods: Best Foods for -**

DASH Diet for Heart Health Browse our collection of healthy, delicious recipes, transforms traditional Mexican favorites into healthy dishes you can make

[http://www.webmd.com/food-recipes/11-top-heart-healthy-foods?ctr=wnl-wmh-072615-socfwd\\_nsl-ftn\\_3&mb=](http://www.webmd.com/food-recipes/11-top-heart-healthy-foods?ctr=wnl-wmh-072615-socfwd_nsl-ftn_3&mb=)

### **Food and Nutrition | USDA -**

Know Your Food Healthy Food Access Nutrition Fighting Hunger and Improving the Health of Our serving about half of all babies born in the United States.

<http://www.usda.gov/wps/portal/usda/usdahome?navid=food-nutrition>

### **WIN Health Topics A-Z -**

U.S. Department of Health Provides men tips on how to create healthy habits by discussing weight, health Young at Heart: Your Checklist for Better Health

<http://www.niddk.nih.gov/health-information/health-communication-programs/win/win-health-topics/Pages/default.aspx>

### **Recipes | The Nutrition Source | Harvard T.H -**

fruits and health or try these delicious vegetable recipes Department of Nutrition at Harvard School of Public Health. Check out Harvard s new Healthy

<http://www.hsph.harvard.edu/nutritionsource/recipes-2/>

### **Keep the Beat ? Recipes: Deliciously Healthy -**

U.S. Department of Health & Human Services; Heart & Vascular; Lung; Blood; Contact The Health Information Center; Keep the Beat ? Recipes: Deliciously Healthy

<http://www.nhlbi.nih.gov/health/resources/heart/ktb-recipe-family>

### **Healthy Recipes | MyRecipes.com -**

Find thousands of healthy recipes complete with calorie counts and nutritional information from Cooking Light, Health, Real Simple, and more trusted brands.

<http://www.myrecipes.com/healthy-recipes>

### **Delicious Heart Healthy Latino Recipes | -**

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.

<http://publications.usa.gov/USAPubs.php?PubID=211>

### **Tasty Recipes for People with Diabetes and Their -**

U.S. department of health and human Tasty Recipes for People with Diabetes and Their llenas de platos espec ficamente dise ados para el paladar latino

<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=131>

### **Heart healthy recipes - National Heart Foundation -**

Resources for Aboriginal health; Healthy eating What is a Jump Rope for Heart; Support us. What's on; Gifts in Delicious easy recipes to keep your energy

<http://www.heartfoundation.org.au/recipes/Pages/default.aspx>

### **Best Healthy Recipes for Dinner & Family Meals -**

You can have your steak and eat it, too, with these healthy recipes for your fave cuts.

<http://www.delish.com/content/healthy-recipes/>

### **Healthy Vegetarian Recipes - Cooking Light -**

Health; My Recipes; Real Simple; Serve up a bowl of comfort with one of these delicious and healthy vegetarian soup recipes. Get healthy recipes in your inbox

<http://www.cookinglight.com/food/vegetarian>

### **Healthy Recipes - 2/3 - Recipe Roundup -**

May 17, 2015 Heart Health; Hepatitis C; 5 Healthy Mother's Day Brunch Recipes in 30 Minutes or Less. 7 Healthy Mexican Bites for Cinco de Mayo.

<http://www.everydayhealth.com/columns/recipe-of-the-day/category/healthy-recipes/page/2/>

### **Delicious Heart Healthy Latino Recipes/Platillos -**

Home Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables (bilingual English, Spanish)

<http://www.nhlbi.nih.gov/health/resources/heart/recipes-bilingual>

### **Healthy Living - Brunch, Dinner & Desserts - -**

our recipe developers excel in helping all your favorite dishes fit into your healthy eating plan. Healthy Living Recipes. Mexican Beef & Rice Casserole

<http://www.kraftrecipes.com/recipes/healthy-living/healthy-living-recipes/main.aspx>

### **Eat Healthy | Let's Move! -**

to promote health and healthier recipes. Empower Consumers. The U.S. Food and Drug children's BMIs, provide counseling for healthy

<http://www.letsmove.gov/eat-healthy>

### **Search Healthy Recipes & Healthy Dinner Recipes - -**

Search our healthy recipes and healthy dinner Real home cooks share their best family favorites in every issue of Taste of Home Heart Health; Low Fat;

<http://www.tasteofhome.com/healthy>

### **General Health Status | Healthy People 2020 -**

Measures of general health status provide Healthy People 2020 will A Federal Government Web site managed by the U.S. Department of Health and Human

<http://www.healthypeople.gov/2020/about/foundation-health-measures/General-Health-Status>

### **SNAP-Ed Connection: Resource Finder Search Results -**

Delicious Heart Healthy Latino Recipes: United States Department of Health and Human Services: SNAP-Ed; Oregon Department of Human Services SNAP;

[http://snap.nal.usda.gov/foodstamp/resource\\_finder\\_search\\_results.php](http://snap.nal.usda.gov/foodstamp/resource_finder_search_results.php)