

HEALTHY RECIPES

The following web sites provide a variety of healthy recipes.

Mayo Clinic

<http://www.mayoclinic.com/health/healthy-recipes/RE99999>

Website offers many recipes. They are broken down in categories of Dairy, Egg, Fruit, Rice and Grain, and Vegetable.

Food Network

<http://www.foodnetwork.com/healthy-eating/index.html>

This appears to be an excellent website of healthy recipes of all sorts.

Oregon State University

<http://healthyrecipes.oregonstate.edu/recipes>

This is an excellent website with many recipe offerings broken down by category, fact sheets, kid-friendly meals, meal planning, etc.

Eating Well

<http://www.eatingwell.com/recipes/>

This website has an extensive listing of recipes to make regular meals healthier.

All Recipes

<http://allrecipes.com/Recipes/Healthy-Cooking/Main.aspx>

This website is another source of healthy recipes and healthy cooking tips.

American Institute for Cancer Research

http://www.aicr.org/site/PageServer?pagename=dc_rc_home

Easy recipes that taste great. There's no reason eating for better health can't be exciting, fun and scrumptious. We've put together a wide range of free recipes, from old favorites to interesting new dishes, to help you put tasty, healthy meals on the table.

Cooking Light

<http://www.cookinglight.com/food/kitchen-assistant/>

This website offers many "light" recipes. It also offers a magazine subscription of the same name.

Discovery Health

<http://health.discovery.com/recipes/recipes.html>

This website is of the Discovery Health Channel show. It features recipes prepared on the show as well as breaks down recipes by course, occasion and health interest.

Mayo Clinic

<http://www.mayoclinic.com/health/heart-healthy-recipes/RE00098>

This webpage offers recipes on appetizers, beverages, bread, desserts, main dishes, salads, sandwiches, sauce and dressings, side dishes and soups.

Heart Healthy Living

<http://www.hearthealthyonline.com/healthy-recipes/index.html>

This website offers healthy recipes, nutrition tips, Q&As, 30-minute recipes and much, much more. This is also a subscription publication.

American Heart Association Delicious Decisions

<http://www.americanheart.org/deliciousdecisions/jsp/home/home.jsp?requestid=477290>

This website is not as attractive as the others and is slightly less user friendly yet there is much good information available.

NHLBI Keep the Beat Cookbook

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>

This website offers a limited amount of healthy recipes.

DASH Diet

http://dashdiet.org/DASH_diet_recipes.asp

This website offers healthy recipes and health information. It also encourages the purchase of The DASH Diet Action Plan publication.

DIABETIC RECIPES

Mayo Clinic

<http://www.mayoclinic.com/health/diabetes-recipes/RE00091>

This website offers a large variety of recipes by category to assist in a diabetic's meal plan.

Diabetic Recipes

<http://www.diabetic-recipes.com/>

This is a fun website. It has over 800 recipes and selecting them by category and meal is pleasing to use.

American Diabetes Association

<http://tracker.diabetes.org/myfoodadvisor.html>

This is also a fun website. You can enter the nutrient content desired in a dish and the program provides you with suitable recipe.

Diabetes Self Management

<http://www.diabetesselfmanagement.com/recipes/>

This website also offers a wide variety of recipes from which to choose.