

# South Shore Senior News



February 2015

HELPING SENIORS AGE WELL AND ENJOY THEMSELVES WHILE DOING IT!

FREE!

## Local News



### Plymouth Resident Publishes Cookbook

BOSTON – Author Elizabeth Moore, RD, LDN and a registered dietician at Beth Israel Deaconess Medical Center (BIDMC) has published a new cook book featuring heart-healthy versions of home-cooked New England favorites. Moore, a resident of Plymouth, includes a collection of recipes for appetizers, side dishes, entrées, snacks, desserts and more in the book. The book is published by the CardioVascular Institute at Beth Israel Deaconess Medical Center. The Hungry Heart Cookbook provides healthy versions of home-cooked New England favorites such as Mashed Potatoes, Almond Crusted Haddock and Cranberry Apple Crumble. Many other recipes in the Hungry Heart Cookbook are inspired by the Mediterranean Diet.



*Plymouth resident Elizabeth Moore's new cookbook focuses on heart healthy recipes.*

Most importantly, according to Moore, the approach in this cookbook is to put cardiovascular health first. All of the recipes in the cookbook include full nutritional information such as total calories, cholesterol, saturated fats and dietary fibers. To download a free digital copy of The CardioVascular Institute's Hungry Heart Cookbook, go to [www.bidmc.org/cookbook](http://www.bidmc.org/cookbook).