Best Cookbooks for Stroke Survivors

Being diagnosed with an illness like diabetes or suffering from a stroke can often cause a change in diet to be implemented. Contrary to popular belief, this does not mean you need to eat boring, bland foods! There are a couple of great cookbooks out there with recipes for eating well within dietary restrictions.

- The Sweet Life by Sam Talbot
  - Written by a “Top Chef” television show competitor, this book includes 75 recipes and focuses on eating fresh ingredients and seafood.

- The American Diabetes Association Diabetes Comfort Food Cookbook
  - Have no fear; it IS still possible to eat the foods you love most! This cookbook provides healthy way to prepare traditionally unhealthy foods like lasagna and cheesecake.

- Betty Crocker’s Diabetes Cookbook
  - These book holds the recipes to quite a few easy-to-make meals and snacks. It also contains some nutritional information and meal planning information.

- Lighthearted at Home by Anne Lindsay
  - This cookbook focuses on creating meals that are healthy for the heart.

- The Healthy Heart Cookbook by Joseph Piscatella
  - You will be eating for years if you try all 700 recipes found in this cookbook. Guidelines administered by the American Heart Association serve as guidelines on creating the most heart-healthy recipes for stroke victims.

These cookbooks are just a few of the most popular and reputable ones that I found. Check out your local bookstore or grocery store for more. In addition, “Googling” recipes is an easy way to find something quick without searching through a book.