

NEWS



FOR RELEASE: Jan. 30, 2013

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Favorite comfort food recipes sought for new heart-healthy cookbook

Bridgeport Hospital is seeking favorite comfort food recipes from the public for possible use in its upcoming cookbook, *Heart Smart Comfort Food: New Approaches to Old Favorites*. The cookbook will be published later this year and offered for free through the hospital's call center and website.

Recipes may be sent online to www.bridgeporthospital.org/heartrecipes, faxed to 203-384-3943 or mailed to the Bridgeport Hospital Marketing Department, 267 Grant Street, Bridgeport, CT 06610.

The deadline for submissions is March 31, 2013. The limit is three recipes per sender. Submissions should include a brief note about why the recipe is special to the sender.

An expert Bridgeport Hospital clinical dietitian will review each recipe and retool it to reduce salt, fat and sugar content and increase its nutritional value—without sacrificing taste.

The Joel E. Smilow Heart Institute at Bridgeport Hospital has been providing advanced cardiac care for more than 50 years. The hospital is a regional pioneer in open-heart surgery, balloon angioplasty and sophisticated heart rhythm care, including the innovative hybrid ablation procedure (also known as convergent X-maze) to treat atrial fibrillation.

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Bridgeport Hospital is a member of Yale New Haven Health System (YNHHS), the largest and most comprehensive integrated health care delivery system in Connecticut. Yale New Haven Health System is recognized for advanced clinical care, quality, service, cost effectiveness and commitment to improving the health status of the populations it serves. Yale New Haven Health System's service area covers portions of eastern New York, the state of Connecticut and southwestern Rhode Island. Yale New Haven Health System is committed to making the best health care easier to use.