

Title	Product Code	Cost (each)
Allina Health Hospice: Information for You and Your Caregiver	95677	\$4.20
Basic Skills For Living With Diabetes	90196	\$5.25
Beginnings: Pregnancy, Birth and Beyond	90026	\$8.40*
Care After Heart Transplant	95405	\$3.35
Care After Hypothermia Treatment for Cardiac Arrest	94745	\$2.50
Chronic Obstructive Pulmonary Disease	94730	\$2.40
Donating Your Kidney	93499	\$1.75
Food and Beverage Record	25436	\$2.65
Foods With Vitamin K	97645	\$1.75
Gestational Diabetes	90216	\$2.60
Guide for the Care of Children	91554	\$6.70
Health Care Directive: Making Your Health Care Choices Known	91676	FREE
Healthier Together: A Family Guide	95341	\$2.00
Heart Failure	91303	\$4.50
Hip Replacement	90139	\$3.35
How to Control Your Chronic (Long-term) Pain	96893	\$1.50
Kidney Transplant Information for Recipients	93498	\$1.40
Knee Replacement	90140	\$3.55
Living Well After A Hospital Stay: A Guide for Older Adults and Their Care Circles	97992	\$5.65
My Grief Journey: A Guided Journal for a Child	95015	\$2.05
Nutrition Guide for a Healthy Heart	91555	\$1.20
Piper Breast Center: A Guide for Breast Cancer Treatment	95584	\$5.75
Prediabetes: Reducing Type 2 Diabetes Risk	94403	\$1.60
Preparing For Your Hysterectomy	95582	FREE
Quick Carbohydrate Guide	94425	\$0.80
Shoulder Replacement Surgery	95575	\$3.15
Seizures and Epilepsy	97844	\$1.15
Simple Talk for Tough Times	65416	\$3.00
Surgery: What You Need to Know	21686	FREE
Take it to Heart	92674	\$1.15
The "Whole" Truth About Food	98672	\$3.60
Understanding Brain Injury	93901	\$2.60
Understanding Melanoma	98945	\$2.35
Understanding Your Cervical Spine Surgery	98967	\$2.65
Understanding Your Colon or Rectal Surgery	95399	\$2.90
Understanding Your Spine Surgery	91659	\$2.75
Understanding Your Spine Surgery: Discectomy and Laminectomy	93367	\$2.90
Understanding Stroke	90662	\$3.80
Understanding Your Hysterectomy	94623	FREE
Your Guide to Allina Health Home Health	96241	\$3.00
Your Guide to Sodium Content in Food	93216	\$2.30
Your Quick Guide to Growing Herbs, spiral bound book	58565	\$1.00
Recipe Books		
5-ingredient Recipes	57412	\$1.00
Breakfast Recipes	56076	\$1.00
Budget-friendly Recipes	57896	\$1.00
Busy Day Recipes in 15 Minutes or Less	59113	\$1.00
Comfort Food Favorites	56277	\$1.00
Cooking for One or Two	56612	\$1.00
Fun With Fruit	58791	\$1.00
Heart-smart Recipes	56457	\$1.00
Holiday Recipes	55779	\$1.00
Holiday Sweets and Treats	57639	\$1.00
Kids in the Kitchen	58313	\$1.00
Meet Your Vegetables	57813	\$1.00
Outdoor Eating: Grilling and Picnic Recipes	56156	\$1.00
Simple Skillets and Stir Frys	58648	\$1.00
Slow Cooker Recipes	56891	\$1.00
Soups, Stews and Casseroles	58168	\$1.00
Produce Guides		
Fall Produce Farmers Market Shopping Guide	58587	\$4.00
Spring Produce Farmers Market Shopping Guide	58339	\$4.00
Summer Produce Farmers Market Shopping Guide	58454	\$4.00
Winter Produce Farmers Market Shopping Guide	58157	\$4.00
Magnets		
Heart-smart Shopping Magnets (seven 4-by-6-inch magnets)		\$4.00
Liquid Measurements (4-by-6-inch magnet)	55562	\$1.00
Mix-and-match Salad Dressing (6-by-6-inch magnet)	58542	\$1.00
Recipe Substitutions (4-by-6-inch magnet)	55563	\$1.00

* Women who receive prenatal care at an Allina Health clinic, enroll in an Allina Health prenatal class or deliver at an Allina Health hospital receive this book at no charge.