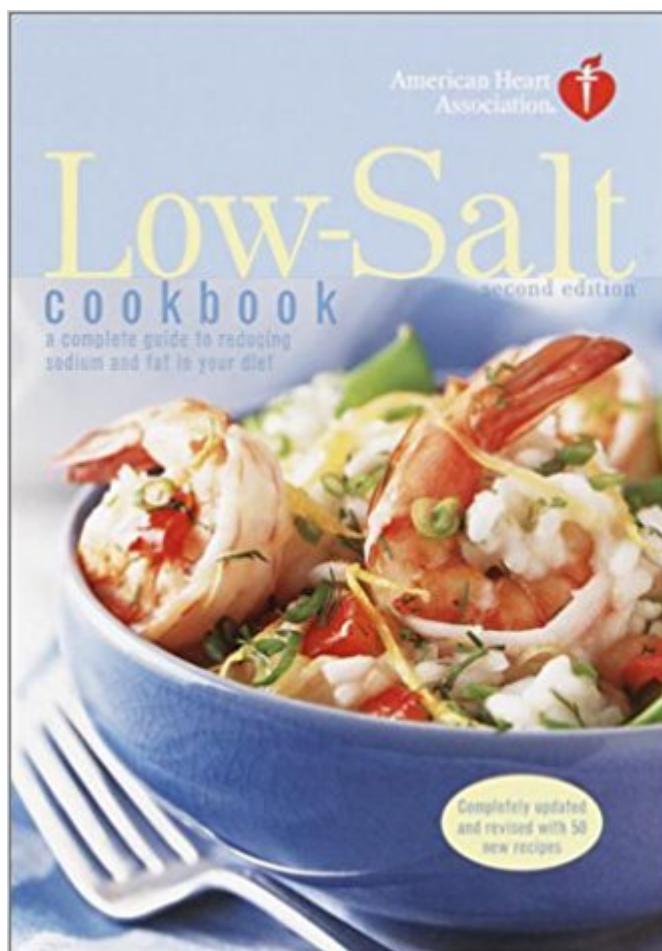


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American Heart Association Low-Salt Cookbook, Second Edition: A Complete Guide To Reducing Sodium And Fat In Your Diet



Synopsis

America's most trusted authority on heart-healthy eating presents its classic low-salt cookbook, revised and expanded with 50 brand-new recipes. Millions of health-conscious Americans want to reduce their sodium intake, and the American Heart Association offers a delicious way to do just that. Encompassing everything from appetizers and soups to entrées and desserts, the American Heart Association Low-Salt Cookbook, Second Edition, is a wonderful collection of more than 200 scrumptious low-salt and, of course, low-fat recipes. Whether you're in the mood for a revised classic or an up-to-the-minute future favorite, you'll find just the thing to please your palate. The latest dietary information and tips on substituting ingredients, avoiding hidden sodium, and dining out will help you stick to your low-sodium way of eating and enjoy it. If you're one of the 50 million Americans with high blood pressure or one of nearly 5 million who suffer from congestive heart failure, reducing the sodium in your diet and controlling your body weight are two of the best things you can do to help manage these conditions. A must-have for sodium-watchers, this book shows you how to accomplish your goals without sacrificing style or flavor.

Book Information

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Customer Reviews

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The American Heart Association is the largest voluntary health organization fighting heart disease and stroke.

My mother was recently hospitalized with heart failure, and is now limited to 2000mg/day of sodium. Having eschewed processed foods many years ago - I rarely buy can, box, or bag - I was absolutely stunned by the amount of sodium in nearly everything at the grocery as I was grasping for meal ideas for her (and her traditional Southern salt/pepper taste buds.) I've now made numerous items from this cookbook for her, and she has loved every dish. Try the pork loin with apple dressing, it's worthy for Sunday company. The meat loaf is also incredible. Additional tips: Invest in many, varied spices and fresh herbs, a good balsamic vinegar, and keep a bowl of fresh lemons on the table. There IS life after salt!

This cookbook is a lifesaver now that I'm on a sodium restricted diet. Great ideas for ways to cut sodium.

The recipes are good. However, I would like to have more illustrations of items.

with high blood pressure this has came in very handy.

Wish there were more pictures. Lots of information on a low sodium diet.

Excellent recipes for low sodium cooking which are clearly written and easy to follow.

This book from the AMA is really a lot of help to learn how to cut the salt. Kmoris-Tw

Surprisingly a combination of science and cookbook! Extremely easy to follow (even the science-y part)! Looking forward to trying the recipes soon. BTW, the illustrations (all hand done) are excellent ... and this is coming from someone whose cookbooks are full of photographs! They are just as good as photographs if not better.

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