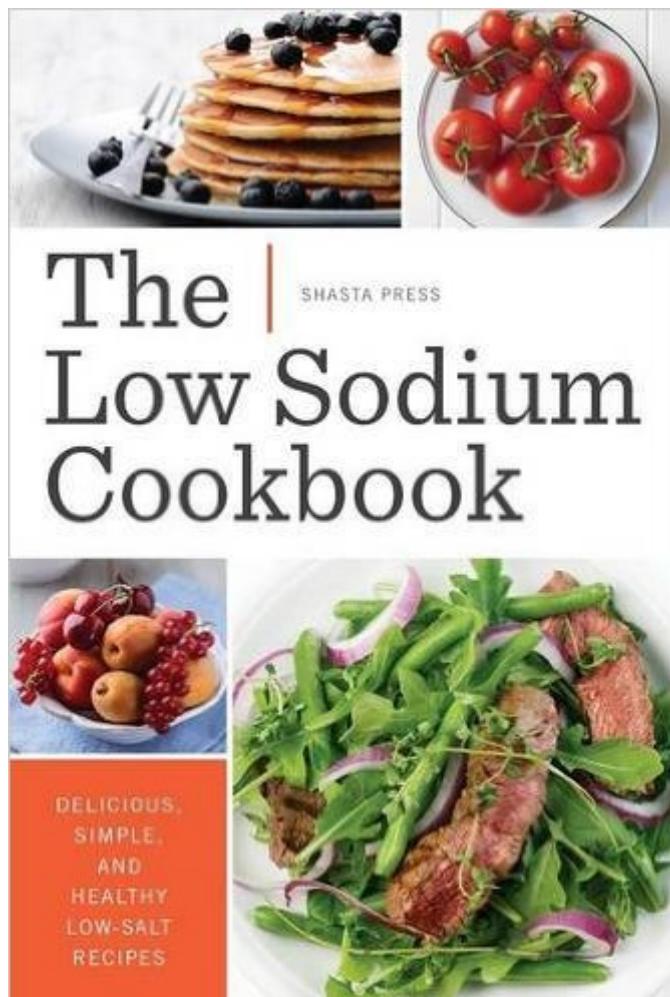


The book was found

# Low Sodium Cookbook: Delicious, Simple, And Healthy Low-Salt Recipes



## Synopsis

A low sodium diet does not have to be a flavorless diet.Â Changing your eating habits can be difficult.Â The Low Sodium CookbookÂ offers small changes in your dietary habits that yield big health improvements. A guide to low sodium eating,Â The Low Sodium CookbookÂ includes tips for shopping and cooking, and provides delicious recipes for your favorite dishes and comfort foods, so you feel satisfied and fulfilled by your new diet, not deprived.Â With over 100 easy and delicious recipes,Â The Low Sodium CookbookÂ provides nutritious low sodium meals without compromising flavor.Â The Low Sodium CookbookÂ includes:Â \* Low sodium versions of classic favorites, such as Heart-Healthful Cobb Salad, Lemony Chicken Noodle Soup, Savory Turkey Meatloaf with Mushrooms, and The Best Oatmeal-Chocolate Chip CookiesÂ \* Over 100 delicious and low sodium recipes, including dozens of budget-friendly, easy-to-make, low-fat recipesÂ \* Low sodium dietary guidelines, healthful cooking techniques, and tips for shopping, reading food labels, and eating out without overdosing on saltÂ \* A 14-Day Low Sodium Meal Plan to help get you started on a low sodium dietÂ Reducing your sodium intake could save your life.Â The Low Sodium CookbookÂ is your complete guide to following a low sodium diet and enjoying delicious heart-healthful recipes.

## Book Information

Paperback: 250 pages

Publisher: Shasta Press (November 25, 2013)

Language: English

ISBN-10: 1623152666

ISBN-13: 978-1623152666

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (70 customer reviews)

Best Sellers Rank: #344,248 in Books (See Top 100 in Books) #90 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Salt #846 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #44417 inÂ Books > Health, Fitness & Dieting

## Customer Reviews

Earlier this year I passed a kidney stone. Unbelievable pain. I decided Iâ™d do anything I could do to help prevent another. Sodium intake was one area that could make a difference. I assumed it meant a lifetime of bland food. Fortunately, I discovered this book. After only a few easy-to-prepare recipes like Seared Salmon with Cilantro-Lime sauce, I found it was just the opposite of what I

feared. By substituting herbs and spices like chipotle powder, turmeric and other natural flavor boosters my meals were tastier than before. Trader Joeâ™s 21 Flavor Salute is also a great everyday seasoning. Hopefully, I hope I wonâ™t have to face another kidney stone, but at least I wonâ™t have to face a lifetime of eating blah food.

While this book has great information, tips and tricks, and easy to follow recipes I am not sure this is the book for me. There wasn't a great deal of variety in the recipes and most of them required a lot of ingredients/steps. Being a working mom with an infant I usually have to keep my recipes quick and simple. I would however recommend this book to someone who has more time to spend in the kitchen or is looking for ways to cut sodium out of their diet. This book is great for those people, just not for me at this time.

As the primary âœchefâ• in my house, it is up to my to grocery shop and prepare meals. Recently my grandmother was placed on a low sodium diet so I had to search for recipes that not only she would enjoy but my three small children (who are used to heavy seasoning) would enjoy as well. I found The Low Sodium Cookbook, which housed a variety of recipes that we can enjoy. Each recipe shows how to season food with fresh herbs and spices and also gives minimal steps for preparation which is key to managing my household. The kids and my grandmother have made the transition to low sodium eating effortlessly with this book

I am so glad I stumbled across this book and was able to try it out! Really cooking and using less sodium is something I have worried about for years but I have never done anything about it. I cook with a lot of salt in fact I just love the taste of it. Its not good for you and my mother had fluid build up as well as high blood sugar. Now that I am in my 30's I worry about my health a lot more and this book is hands on and full of great meals. Not only great meals but tasty meals! At first I was scared that the food I made wouldn't taste near as good boy I was wrong I'm not missing all the salt now. I got this book at no charge in exchange for a honest review. Its very helpful and I love it.

This is a very informative book with everything from explanations to a 14 day meal plan. The book starts with teaching the reader what sodium is and what affect large amounts can have on the body. Then it describes, in detail, why it is so beneficial to maintain a low-sodium diet. This is not only good for people who already have high blood pressure, but it is also useful for people who want to avoid high blood pressure without having to change their entire lifestyle. The 14 day meal plan

cookbook is relatively easy to follow and the ingredients are cheap. I would only note that there are no titles for the meals being made other than "Breakfast" or "Mid-Morning Snack" or something like that. So you won't know what you are making until it is made.

I love this cookbook! I have more than my share of them already but this is the one I expect I will use most - by choice, even if I didn't need to follow a low-salt diet. I love that the recipes are identified with multiple labels (quick/low-calories/low fat/make ahead/etc) and that the advice on how to live a low-sodium lifestyle is dead-on. Each recipe is clear and easy-to-understand. The Spicy Baked Eggs with Goat Cheese and Spinach is just one of a number of super quick yet impressive breakfasts, and there isn't a dinner recipe that isn't fabulous; just try to resist the turkey cutlets with rosemary and orange glaze or the pork with fig sauce! There is a lot to love about this cookbook - I'm so happy I bought it!

Excellent, Excellent, Excellent read! The amount of time and effort put forth in this delectable book was much appreciated. Those who suffer from hypertension and other high sodium diseases can benefit from the diets discussed in this book and will not feel short-changed in the alternate meal choices. Breakfast, lunch, dinner, sauces, spices and snacks! This book is all-inclusive. I have read many diet books from Atkins to South Beach, but the only true effortless diet is the one that becomes your daily routine. The Low Sodium Diet will help you on your way to changing your lifestyle.

When I was diagnosed with hyper tension and learned how salt creates dangerous levels of pressure inside my heart and veins, it was clear I had to change my diet -- no easy task. This book makes no bones about the science and system-wide damage too much sodium can cause - what the doctors say too. What I liked is that it also makes the changes I had to make in my diet easier by providing meal plans for two weeks to get things started, tips for how to shop for the right groceries, and recipes that are not all rabbit food: Grilled steak, pan-seared pork medallions and blueberry crisp with coconut topping - this is good stuff.

[Download to continue reading...](#)

Low Sodium Cookbook: Delicious, Simple, and Healthy Low-Salt Recipes The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart

Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium and No-Sodium Recipes Using Flavorful Spice Blends Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) 1,001 Heart Healthy Recipes: Quick, Delicious Recipes High in Fiber and Low in Sodium and Cholesterol That Keep You Committed to Your Healthy Lifestyle Dash Diet Slow Cooker Recipes: Quick & Easy, Delicious Meals Ready In a Flash (Low Sodium, Low Fat, Low Carb, Low Cholesterol) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Dash Diet for Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet for Beginners: DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) Slow Cooker: Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Low-Sodium Recipes: Decadent Sodium Free, Breakfast, Lunch, Dinner and More (The Easy Recipe) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook

[Dmca](#)