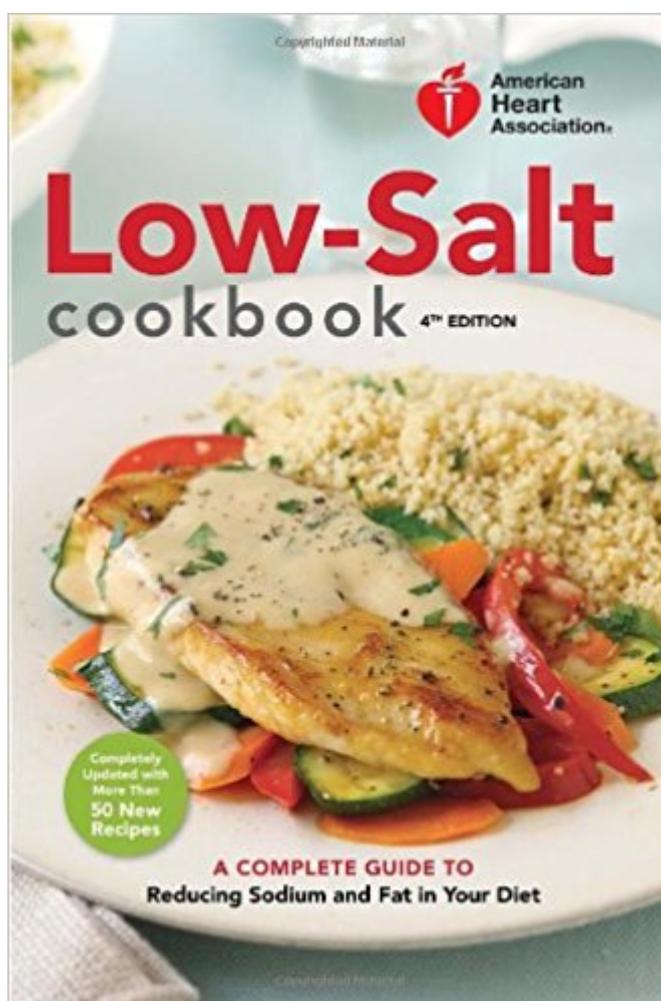


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# American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide To Reducing Sodium And Fat In Your Diet (AHA, American Heart Association Low-Salt Cookbook)





## Synopsis

Whether you have heart-health problems now or want to avoid having them in the future, keeping your sodium intake low is one of the best ways to help your heart. In this revised and expanded fourth edition of the American Heart Association Low-Salt Cookbook, the association shows that a low-sodium diet can be not only good for your health but also full of flavor. Including everything from appetizers and soups to entrées and desserts, American Heart Association Low-Salt Cookbook, 4th Edition, offers more than 200 delicious low-sodium recipes—more than 50 of them brand-new to this edition. Whether you are in the mood for a beloved classic or a new favorite, you will find just the dish to please your palate. Looking for a less salty snack? Try Baked Veggie Chips served with Hot and Smoky Chipotle-Garlic Dip. Craving something hearty and full of flavor? Slow-Cooker Moroccan Chicken with Orange Couscous is an ideal low-sodium fix-it-and-forget-it meal. For a Sunday-night family dinner, try Three-Cheese Lasagna with Swiss Chard. And for your sweet tooth? Whip up Peach and Blueberry Cobbler or Rice Pudding with Caramelized Bananas for a special treat. With this book in hand, you'll be armed with nutrition numbers for every recipe and the latest American Heart Association dietary information, as well as the how-tos for avoiding hidden sodium, shopping smart, and using healthy cooking techniques. You'll also find useful resources such as a sodium tracker, a no-sodium seasoning guide, a list of common high-sodium foods, ingredient substitutions, and serving suggestions for each of the food groups.

## Book Information

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## Customer Reviews

Most Americans could benefit from lowering the sodium in their diets. Canned foods, processed foods, and fast food all contribute to the high fat, high salt diets that many of us eat. When faced with getting older or health issues, many people turn to their doctors for help with this American epidemic. But why not start now? If you have high blood pressure, are obese, or are just looking to improve your diet, this cookbook is a must for you! Filled with tons of great recipes (and an additional 50 from the last addition), this book includes categories such as Appetizers & Snacks, Seafood, Meats, Soups, Vegetarian Entrees, and even Desserts. All of the recipes include complete nutrient information and include calories, fat (including saturated, polyunsaturated, and monosaturated), cholesterol, sodium, carbs, protein, calcium, potassium, and dietary exchanges. The only things missing from this addition are a spiral binding (to help it lay flat) and full color photos of each recipe. Some of my family's favorites include: Blackberry & Balsamic Chicken, Grilled Sesame Chicken, Cowboy Steak with Portobello Mushrooms, Slow Cooker Beef and Red Beans, Baked Pork Chops with Apple Dressing, Braised Lentil and Vegetable Medley, Strawberry Orange Sauce, Chocolate Chip Banana Bread, Flan Caramel, Potato Skin Nachos, and Vegetable Beef Soup. Enjoy!

I bought this book because I wanted to reduce the amount of sodium I was eating. I noticed in some of the other cookbooks I was using the amount of sodium I was taking in was quite high. I almost didn't purchase it because it didn't have any pictures, and I am glad I changed my mind. The recipes I have tried so far have been easy and very tasty. My daughters (6 & 8) ate up the Crustless Garden Quiche, Zesty Oven-Fried Potatoes, Poached Salmon, and Thyme Fish Steaks. All were very quick to make on a weeknight. Also very delicious is the chocolate chip banana bread which we have made together twice. It did not take long to make and they did most of the work the second time. The appendix also has helpful advice on shopping, cooking, and making substitutions. I look forward to making more recipes from this book.

I have tried a few of the recipes and enjoyed them. My hubby wasn't too thrilled. I am voluntarily trying to reduce my sodium intake as my blood pressure has steadily crept up over the last few years, as has my weight! It isn't easy for me because I like salty foods but this cookbook has helped and will continue to help.

Finally, a low sodium cookbook worth buying. It has a good tutorial on sodium's place in our diet.

The recipes are truly tasty and truly low sodium. The Kindle edition's bookmarking and notes capabilities are especially convenient. The barbeque sauce is especially good.

Due to high blood pressure, I have been trying to cook healthier for my husband and myself; mainly low-salt and low-fat. This cookbook is informative: telling how to avoid hidden sodium in foods, list of foods high in sodium and healthy cooking techniques, plus many great recipes. We especially liked the Chicken, Barley and Spinach Casserole, the Chicken Dijon and Scalloped Potatoes. I just wish it included some photo shots of the dishes!

I've ordered several low sodium cookbooks after my husband was put on a low sodium diet. This one has some of the best recipes of all.

I purchased this book after I was advised to maintain a low salt diet for reasons of cardio-vascular health. Not only have my wife and I fallen in love with many of the recipes, we have benefited from lower blood pressure, more energy and weight loss.

I purchased this cookbook because I was put on a very low salt diet. It has proven to be a great addition to my cookbooks and I have used many of the recipes. My husband, who is a salt addict, also enjoys the recipes.

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