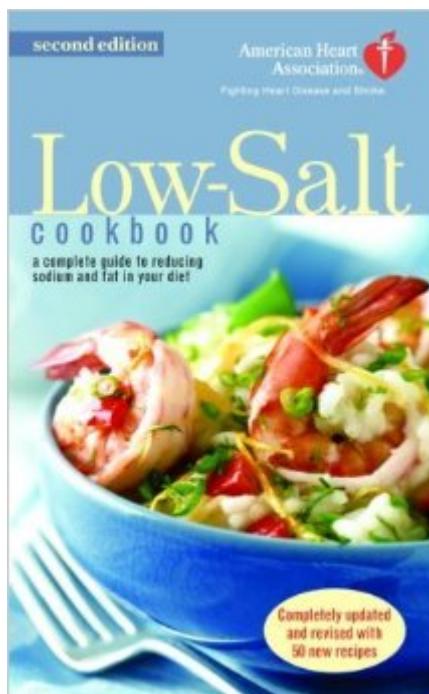


The book was found

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)



Synopsis

Dedicated to healthy eating, the American Heart Association has always provided readers with delicious ways to reduce their sodium intakeâ “ without sacrificing taste. Now it offers a completely revised and updated edition of the must-have cookbook for anyone trying to decrease the salt in his or her diet. Encompassing everything from appetizers and soups to entrees and desserts, this is a wonderful collection of more two hundred may start with Hot and Smoky Chipolte-Garlic Dip, move on to Grilled Pork Medallions with Apple Cider Sauce or maybe the Cajun Snapper, and finish with a decadent-tasting Denver Chocolate Pudding Cake. Each of the mouth-watering dishes, including fifty brand-new ones, includes a nutrient analysis. The book also provides the latest dietary information and tips on substituting ingredients, avoiding hidden sodium, and dining out while sticking to your low-sodium plan. It shows you how to accomplish your goalsâ “and proves how stylish and flavorful eating heart-healthy can be!

Book Information

Mass Market Paperback: 384 pages

Publisher: Ballantine Books; 2 Reprint edition (November 4, 2003)

Language: English

ISBN-10: 0345461835

ISBN-13: 978-0345461834

Product Dimensions: 4.2 x 1 x 6.9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #783,692 in Books (See Top 100 in Books) #50 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #159 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Salt #192 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol

Customer Reviews

My mom was told she needed to reduce her salt for cardiac reasons so I got this book from the local library and loved it so much I decided to buy it. You don't even miss the salt with these recipes.

WHEN I WAS TOLD I HAD TO COOK LOW SODIUM I WAS AT A LOSS. SO TO THE LIBRARY I WENT AND FOUND THE AMERICAN HEART ASSOCIATION LOW SALT COOKBOOK SECOND EDITION. I MARKED ALL THE RECIPES AND REALIZED I NEEDED MY OWN BOOK . THE

BOOK STORE TOLD ME 19.95 SO I WENT TO .COM AND NOT ONLY DID I GET THE SECOND EDITION I ALSO GOT THE THIRD EDITION FOR ONLY 20.68 THAT WAS SHIPPING AND HANDLEING ONE WAS NEW AND THE OTHER SLIGHTLY USED. THEY WERE BOTH IN GREAT SHAPE AND I WAS SO PLEASED THAT I HAVE BEEN TELLING EVERYONE. AND I WOULD NOT HESITATE TO ORDER AGAIN IN FACT WHEN MY NUTRISHIONEST SUGGESTED A BOOK "WHAT TO EAT WHEN EATING OUT" I DIDN'T EVEN CALL THE BOOKSTORE I JUST GOT ON THE WEB PAGE AND ORDERED AND ONCE AGAIN I WAS SO HAPPY WITH SERVICE AND PRICE AND NOW I HAVE ANOTHER ONE TO ORDER. TO ANYONE THAT NEEDS A BOOK CHECK OUT .COM

The book itself is small which makes it hard for my mom to see it. But the recipies are pretty good. I would buy the book again.

Outstanding book and recipes. My husband has congestive heart failure and we needed to revamp his diet. A definite winner.

Good ideas but I expected it might show me how to add flavor with other herbs and spices but it didn't.

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

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) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet American Heart Association Low-Salt Cookbook, Second Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in the Diet Low-Salt Cookbook: A Comp Guide to Reducing Sodium & Fat in Diet (American Heart Association) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) 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 DASH Diet: 50 Top DASH Diet Recipes - 30 MINUTE DASH Diet Recipes to Help You Lose Weight Fast & Prevent Heart Disease, Stroke and Diabetes (Low Sodium, Low Fat, Low Cholesterol) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) 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) You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium and No-Sodium Recipes Using Flavorful Spice Blends Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Dash Diet Slow Cooker Recipes: Quick & Easy, Delicious Meals Ready In a Flash (Low Sodium, Low Fat, Low Carb, Low Cholesterol) 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) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1)

[Dmca](#)