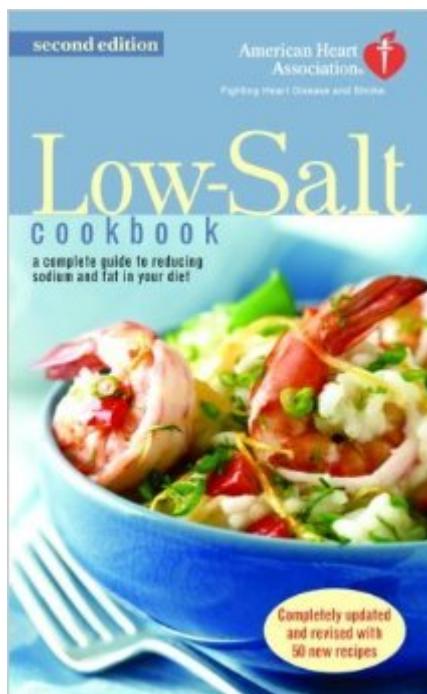


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# The American Heart Association Low-Salt Cookbook: A Complete Guide To Reducing Sodium And Fat In Your Diet (AHA, American Heart Association Low-Salt Cookbook)



## **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.

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