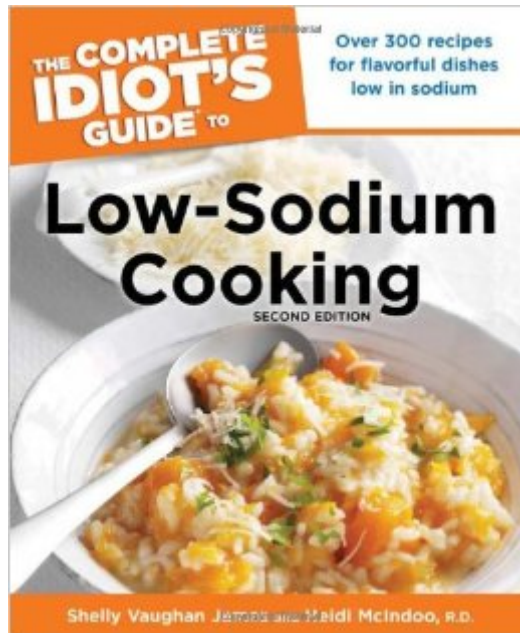


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# The Complete Idiot's Guide To Low-Sodium Cooking, 2nd Edition (Idiot's Guides)



## Synopsis

-All the same great content from The Complete Idiot's Guide to Low-Sodium Meals, updated with more recipes, the latest lo-so info, and special bonuses! Shake your salt habit with ease. Whether you simply want to reduce your sodium intake or your health-care provider has indicated a low-sodium diet, this cookbook offers tasty dishes without adding a grain of salt (or salt substitutes). From appetizers to desserts including traditionally sodium-laden categories like snacks, sauces, and condiments, the over 300 recipes call for easy-to-find, flavorful alternatives to salt. Features 50 all-new recipes for more than 300 sodium-sensible selections. Covers surprisingly high-sodium ingredients and provides "salt alternatives" for cooking. Book Extras include new meal plans targeting readers' daily sodium intake thresholds and low-sodium web resources.

## Book Information

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #509,011 in Books (See Top 100 in Books) #119 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#)

## Customer Reviews

The first two chapters are a simple overview of the whys and wherefores of low sodium; however, it came out after the new CDC guidelines. The structure of the recipes by category (e.g. main dishes, salads, etc.) is especially great for newbies. The listing of recipes in the categories in descending order by sodium level is excellent! The index format is very helpful and the tips sprinkled throughout the recipes ("Pinch of Sage") are great and relevant.

Salt has its place in the overall nutritional picture, but if doctor's orders are for a low-sodium diet, the second edition of The Complete Idiot's Guide to Low-Sodium Cooking is the perfect guidebook for helping wean readers off of the salt shaker. Recipes are easy to understand and many can be ready

to serve within 30 to 60 minutes. You may be amazed to discover how many creative dishes and condiments you can create without even a dash of salt for boosting the flavor. The authors let fresh herbs and farm-fresh produce speak for themselves as the best inspiration for meals with color, great taste and good flavor!

My sister was just diagnosed with congestive heart failure. Lowering your salt intake is critical. While I thought it would help her, I learned a lot going through it. Thanks so much!

It's a great help to those restricted to a low salt diet, what more can I say. I don't have anymore words to describe it.

I have other low sodium books, but was surprised with some of the new and different info I gathered from this book.

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