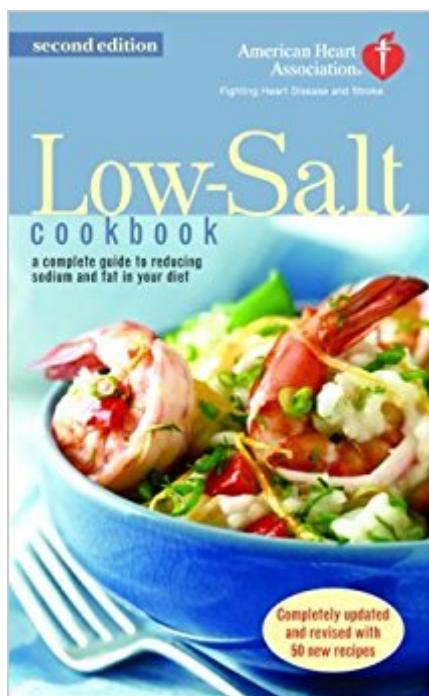


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# The American Heart Association Low-Salt Cookbook: A Complete Guide To Reducing Sodium And Fat In Your Diet (AHA, American Heart Association Low-Salt Cookbook)



## Synopsis

Dedicated to healthy eating, the American Heart Association has always provided readers with delicious ways to reduce their sodium intake—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 Chipotle-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 goals—and proves how stylish and flavorful eating heart-healthy can be!

## Book Information

Mass Market Paperback: 384 pages

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Average Customer Review: 3.9 out of 5 stars 11 customer reviews

Best Sellers Rank: #463,377 in Books (See Top 100 in Books) #23 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #93 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #106 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt

## Customer Reviews

“Those in the know have been counting on American Heart Association books for years; the wide variety of recipes gets the whole family on track for heart-smart eating.”  
Good Housekeeping

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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 than two hundred may start with Hot and Smoky Chipotle-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 goals-and proves how stylish and flavorful eating heart-healthy can be!

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

Great book but I did not realize it was a small paperback. Bought again in larger format.

great book helps with the low salt diet

Great recipes, just wish there were pictures

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

Love it. Use it all the time. Helps in learning to adjust to a low-sodium diet. Recommended to all. :)

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

a little disappointed

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