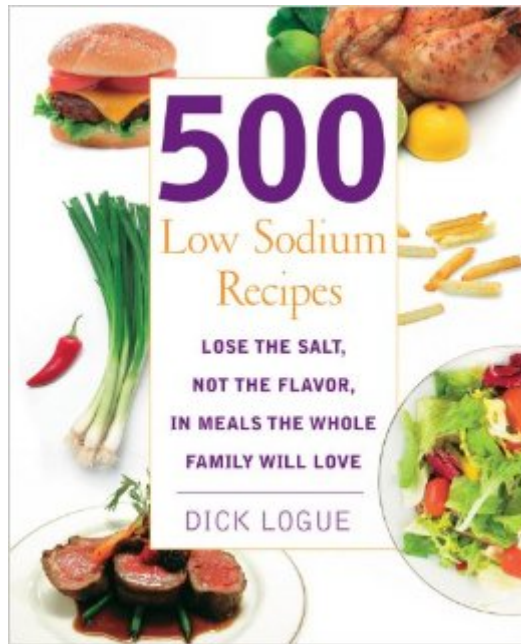


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# 500 Low Sodium Recipes: Lose The Salt, Not The Flavor In Meals The Whole Family Will Love



## Synopsis

Every recipe you need if you want to cut out salt! Sixty-five million Americans have high blood pressure and 5 million suffer from congestive heart failure. When their doctors advise them to watch their weight and lower their sodium intake, they imagine a lifetime of repeatedly bland and unappetizing meals. Their anxieties about their health are compounded by the notion that eating will no longer be fun and enjoyable. This book will assure them otherwise. Packed with 500 recipes (both classic and daring), *500 No-Salt, Low-Sodium Recipes* beats back the boredom and allows people with high blood pressure, heart, kidney, or liver disease to maintain a diverse and exciting low-sodium diet. *500 No-Salt, Low-Sodium Recipes* features simple recipes with nutritional breakdowns and useful tips for a low-sodium lifestyle, including what food items to avoid for their hidden sodium content, plus information about convenient and tasty low-sodium substitutes and where to find them. Recipes include: Spicy Potato Skins, Lemon Glazed Doughnuts, Three-Bean Salad, Stuffing, Apple Pie, Velvet Crumb Cake, Barbecue Sauce

## Book Information

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## Customer Reviews

This is a great cookbook. I am an avid cook. My husband's low salt diet seemed like it would be a low taste one - but amazingly using Dick L's recipes has meant we have good food. I haven't even gotten the salt shaker out to flavor up my portions. There are plenty of comfort foods that taste great. The low salt bread machine recipes came out really well - which was a surprise to me since I had always thought salt was a necessity for proper bread. Every recipe I've prepared so far has been excellent. He has included little tricks and ingredients that make you not miss the salt. If you

are newly diagnosed with any kind of illness that necessitates a low salt diet - you need this cookbook. He includes complete nutrition information for every recipe (including sodium and potassium).

I own a few low-sodium cookbooks, and this is the one I use most often. It is full of recipes that are easy to make, and that are actually useful. One of my favorites is Sesame Chicken. I make that about once a week. It also has a small collection of low-sodium bread machine recipes that I use often. My only criticism is that there seem to be a lot of mistakes in the recipes. For example, one bread machine recipe calls for two tablespoons of yeast, which is far too much. I'm sure it is supposed to say two teaspoons. Also, in some instances, the author's website ([...]) will include a recipe that is in the book, but the amounts of the ingredients differ, often confusing teaspoons and tablespoons. There have been two instances when I've emailed the author to verify the ingredients in a recipe. On one occasion, he replied to tell me there was an error. The other time he did not reply. All in all, I'd say this is a must-have cookbook in the low salt category. Just watch for any ingredients that seem suspicious.

I bought 4 low-sodium cookbooks at the same time, and this is the one I use (others were the Idiot's Guide, American Heart Association, and the No-Salt, Lowest-Sodium Cookbook. Not to say the others are bad, I just found this one more appealing with larger text size and intriguing recipes. A few things I really love...you don't have to go out and scour the shelves or order expensive no-salt items online. The spice and sauce sections are WONDERFUL...I've made my own barbecue sauce, mayonnaise (which is simply fantastic with a finely chopped clove of garlic thrown in), chili pepper, and breads. The whole attitude of the book is that this is someone who's been tinkering around in the kitchen and using his friends and family as sounding boards for what tastes good, and what name-brand food it may taste like. For example, "New Bay" seasoning, the no-salt version of "Old Bay." The introductory paragraphs are great to give a little history of the recipe and how it may differ from the original (like French bread from a bread machine; although it didn't look the same, it tasted terrific and was so easy!). I haven't tried every recipe by any means, but so far I've had great luck. After spending 2 weeks shopping at every grocery & health food store in town for items on the DASH diet, feeling exhausted and frustrated (who the heck makes low-sodium cottage cheese?!?), this was a breath of fresh air. I dug out the old bread machine, purchased a food processor, and rediscovered/developed a love of cooking through this book! What originally sounded like a death sentence (BP 183/107) has opened new doors. Quit smoking, started cooking and exercising, BP is

now 115/72. Yay!

I purchased this for my mother. She was wanting a cookbook which has Low Sodium recipes in it to help control her blood pressure. She likes this cookbook very much. I also looked through it, and like how neatly the recipes are laid out in the book. There are no pictures, but the recipes are very easy to read, and they aren't all crammed onto each page like some cookbooks are. My mother also likes how the author comments about some of the recipes. I also purchased this cookbook because it looked the best in terms of the recipes we most likely would eat. Some of the other cookbooks have weird ingredients that we would be very unlikely to find or use. We did order some Sodium Free Baking Powder from a health store. This cookbook has 500 recipes, which is a lot! I thought that since this was a paperback cookbook, it wouldn't be as nice as a spiral bound cookbook, but its weight causes it to lay flat when its opened, or at least most of the middle part of the book. The author does have his own website with a mailing list which he emails out a newsletter with recipes every now and then. ([...]) This review probably isn't a lot of help, but we do like this cookbook very much which has some nice recipes that actually taste quite good with low sodium.

I have been on a low sodium diet for 5 years now and this is the first book I have come across that has recipes my husband actually enjoys! I even had friends ask me for copies of recipes from this book because they were so tasty. Years ago there were only two books that I could find that were strictly low sodium and I was getting major low sodium burn-out rut! This really helped me get my eating back on track and actually look forward to cooking again. The only thing is a lot of these recipes are high in the sugar. That's why I gave it 4 stars instead of 5. I adjust a lot of these when I see too much in them. Other wise I would get this for anyone who needs to lower their sodium.

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