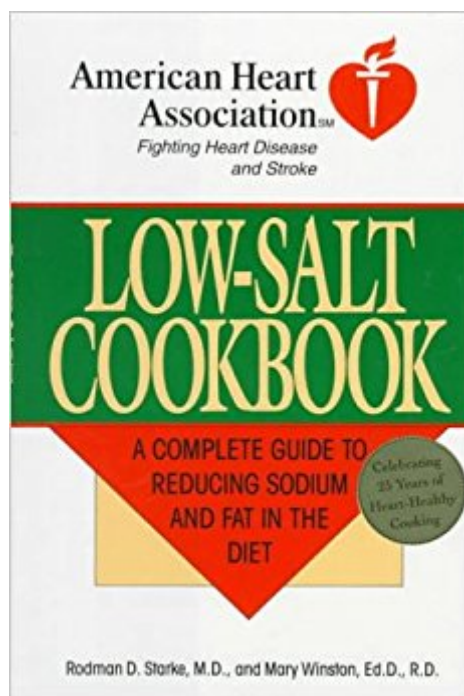




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# Low-Salt Cookbook: A Comp Guide To Reducing Sodium & Fat In Diet (American Heart Association)



## Synopsis

Low-salt doesn't mean low flavor, as the American Heart Association demonstrates in this latest addition to its library of cookbooks. The American Heart Association Low-Salt Cookbook features 175 all-new recipes and two diet plans as well as important information on heart-healthy eating. High blood pressure -- hypertension -- can be a significant factor in cardiovascular disease. Recent research has proven that when you reduce the amount of sodium in your foods and change the kind and amount of fat in your diet, you can lower your risk of heart and blood disease. Now, with The American Heart Association Low-Salt Cookbook, people with hypertension have an invaluable guide to the lowering of blood pressure through sensible diet, developed by experts on matters of the heart, the American Heart Association. From chicken primavera to gazpacho, vegetarian chili to raspberry sorbet, the recipes in this cookbook are all low-fat and low-cholesterol as well as low-salt -- and all are delicious. Each recipe is accompanied by a nutrient analysis table listing calorie count and a complete breakdown of nutritional contents. More than a collection of savory recipes, The American Heart Association Low-Salt Cookbook is a definitive sourcebook, with practical advice about shopping, reading labels, cooking techniques, substituting ingredients, planning menus, and more. The American Heart Association Step-One and Step-Two Diets are easy-to-follow, proven-effective programs to help lower blood pressure and blood cholesterol levels. With The American Heart Association Low-Salt Cookbook, you'll learn to cook with exciting new blends of herbs and spices, drawn from the cuisines of the world. And you'll see how combinations of fresh ingredients and cooking methods can produce foods so flavorful you won't even notice that salt is missing. This inventive approach can be used for preparing simple meals -- or in creating elegant dinner parties or holiday celebrations. Even such favorite desserts as apple pie, brownies, and southern pralines can be healthful treats.

## Book Information

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## Customer Reviews

About 60 million Americans have high blood pressure, which increases their risk of heart disease. The two best ways to lower blood pressure without medication are lowering sodium in your diet and controlling your weight. The American Heart Association cookbooks always help you reduce the fat in your diet--now this one helps you reduce the sodium, too. Don't think that reducing sodium means your food will be boring and tasteless. The American Heart Association Low-Salt Cookbook shows you how to use herbs, spices, and in some cases, spirits to keep your dishes flavorful. Learn how to make ingredient substitutions so that you can adapt your favorite recipes--"seasoning blends" like Herb Seasoning, Lemon Herb Seasoning, Salad Herb Blend, or Chili Powder Blend instead of salt, for example. The 175 recipes include modifications of familiar favorites, such as Tuna Macaroni Casserole, Arroz con Pollo, Beef Stroganoff, and Meat Loaf. There are also intriguing new recipes, such as Fish Steaks with Thyme, and Chicken with Yogurt-Cilantro Sauce. There are also sauces, soups, snacks, and salads. Thirty dessert recipes give you healthier versions of all your old favorites, including Peanut Butter Cookies, Fudge, Cherry Pie, Vanilla Pudding, and, of course, Chocolate Cake. All recipes include nutritional information: calories, protein, carbohydrates, fat (total, saturated, polyunsaturated, monounsaturated), cholesterol, sodium, potassium, and calcium.

--Joan Price

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I have been using this cookbook for 15 years and my Husband and Father-in-Law have truly enjoyed this specific cookbook and the recipes. I have also given a copy to my General Practitioner and Cardiologist who, in turn, have given copies to their other patients. Living in the South - it is hard to find heart healthy recipes that work for Southern tastes but this works! A great first step in learning heart healthy cooking. You won't be sorry to use it.

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