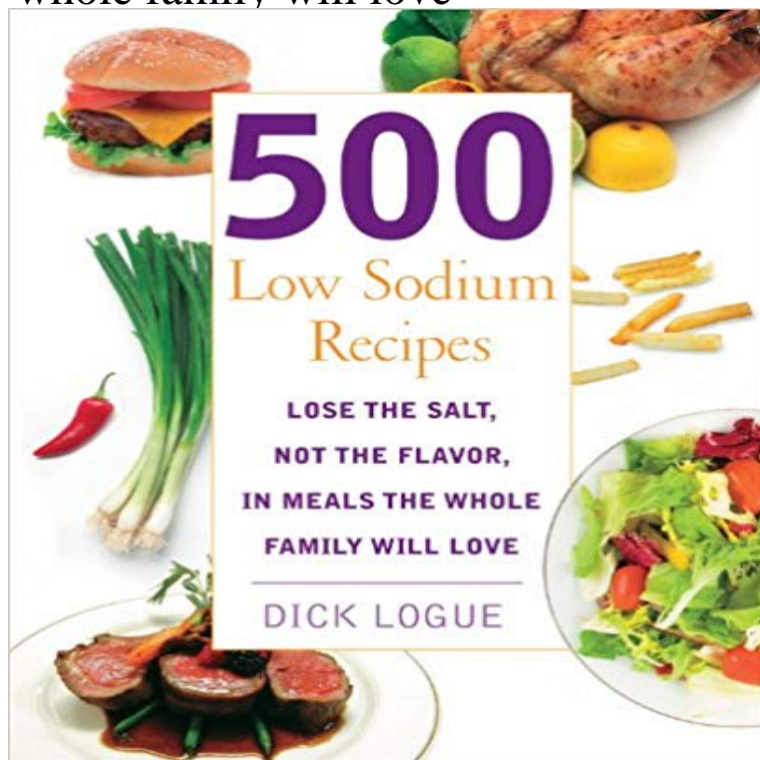


500 Low Sodium Recipes: Lose the salt, not the flavor in meals the whole family will love



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.

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