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American Heart Association Low-Salt Cookbook, Second Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet

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America's most trusted authority on heart-healthy eating presents its classic low-salt cookbook, revised and expanded with 50 brand-new recipes.

Millions of health-conscious Americans want to reduce their sodium intake, and the American Heart Association offers a delicious way to do just that. Encompassing everything from appetizers and soups to entrées and desserts, the American Heart Association Low-Salt Cookbook, Second Edition, is a wonderful collection of more than 200 scrumptious low-salt — and, of course, low-fat — recipes.

Whether you're in the mood for a revised classic or an up-to-the-minute future favorite, you'll find just the thing to please your palate. The latest dietary information and tips on substituting ingredients, avoiding hidden sodium, and dining out will help you stick to your low-sodium way of eating — and enjoy it.

If you're one of the 50 million Americans with high blood pressure or one of nearly 5 million who suffer from congestive heart failure, reducing the sodium in your diet and controlling your body weight are two of the best things you can do to help manage these conditions. A must-have for sodium-watchers, this book shows you how to accomplish your goals without sacrificing style or flavor.

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Van Gee:

In this time globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher that print many kinds of book. Often the book that recommended for you is American Heart Association Low-Salt Cookbook, Second Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet this guide consist a lot of the information of the condition of this world now. This particular book was represented how does the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. Often the writer made some investigation when he makes this book. That's why this book appropriate all of you.

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