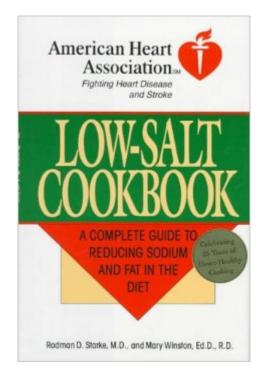
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# Low-Salt Cookbook: A Comp Guide To Reducing Sodium & Fat In Diet (American Heart Association)





## 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**

Hardcover: 349 pages Publisher: Times Books / Random House; First edition (October 10, 1990) Language: English ISBN-10: 0812918525 ISBN-13: 978-0812918526 Product Dimensions: 1 x 6.2 x 9.8 inches Shipping Weight: 1.4 pounds Average Customer Review: 5.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #1,360,611 in Books (See Top 100 in Books) #73 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #254 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #1097 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #1097 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

#### **Customer Reviews**

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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