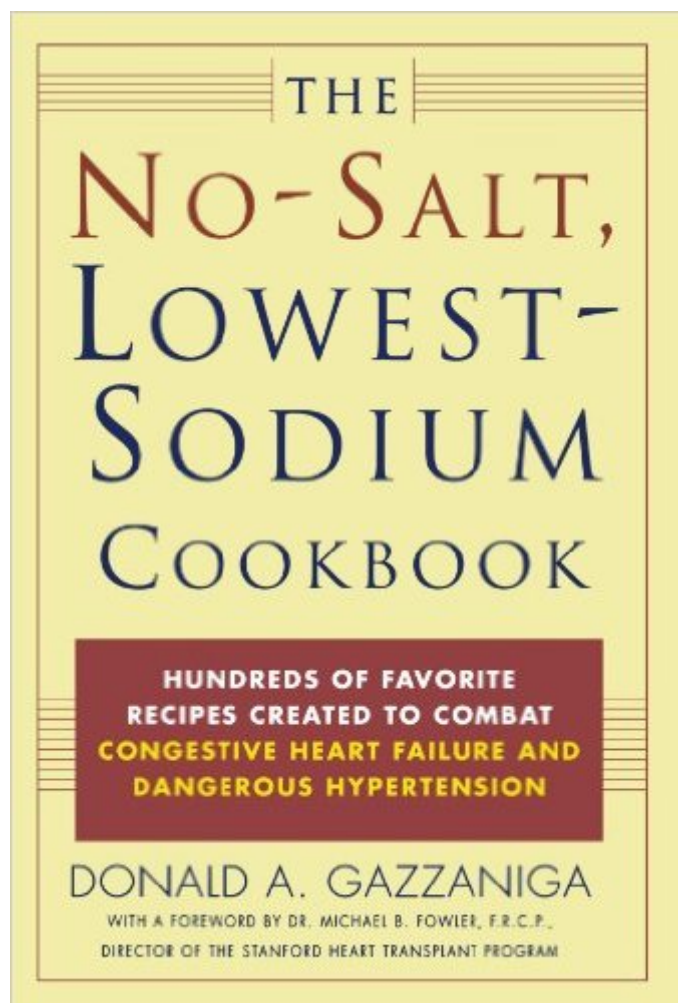


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# The No-Salt, Lowest-Sodium Cookbook



## Synopsis

Donald Gazzaniga, diagnosed with congestive heart failure, was headed for a heart transplant - the only effective medical treatment. Urged by his doctor to keep his sodium intake "under 1,500-2000 mg. a day," Don headed for the kitchen and went to work. Aware that cutting out table salt is the barest beginning of a true low-sodium diet, Don devised recipes for delicious low-sodium dishes that added up to less than 500 mg. daily, 70% lower than those in other low-sodium cookbooks. The result? Don's name has been removed from the transplant list and his doctors believe that his diet played a significant role. The No-Salt, Lowest-Sodium Cookbook contains:

- \* Hundreds of good tasting, easy-to-make recipes
- \* An introduction by Dr. Sandra Barbour of the Kaiser Permanente Foundation
- \* Advice on finding low-sodium prepared foods, eating in restaurants, etc.
- \* Accurate sodium content of every ingredient and of the total servings
- \* A twenty-eight-day low-sodium menu planner by Dr. Jeannie Gazzaniga, Ph.D., R.D.

This book is for informational purposes only. Readers are advised to consult a physician before making any major change in diet.

## Book Information

Paperback: 432 pages

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Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (285 customer reviews)

Best Sellers Rank: #12,943 in Books (See Top 100 in Books) #5 in Â Books > Cookbooks, Food & Wine > Special Diet > Low Salt #13 in Â Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #303 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

I bought this book because my husband is currently battling very high blood pressure. Within 4 days his blood pressure dropped 10-15 points, and that was only following the diet moderately. He's now 30-35 points down, eating 700 mg of sodium a day, and this book shows you how to cut the sodium even a little more. I like this book for several reasons:

1. The recipes are ones that are palatable and that people want to eat. You cook things that you used to cook on a normal diet, just with low sodium. The recipes are for dishes that everybody would want to eat, not some weird vegan dish

that only people with heart problems would eat because they have no other choice.2. You get building block recipes as well as full dishes. Don shows you how to make different sauces that you can combine with raw ingredients such as meat and vegetables. There's also full entrees.3. Recipes are not hard to make. You don't spent the entire day in the kitchen.4. You get hard to find recipes. Salt free bread. Relish. Soy sauce substitute.5. You know exactly what the nutritional value is. Don has it broken down to every last mg of sodium. Other values such as calories and cholesterol are also listed. Don also warns you about some traps like watching out for some maple syrups which have sodium.6. Informative front sections tell you about spices, sodium value of some raw ingredients, and other basic information.7. Active website. You can e-mail the author (...). I wrote him once and received a reply within 10 minutes. Other e-mail was answered within a day. Things I didn't like:1. Book contains typos/errors. Author has published an errata page on his website.2. Author uses some substitute items which have potassium salts.

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