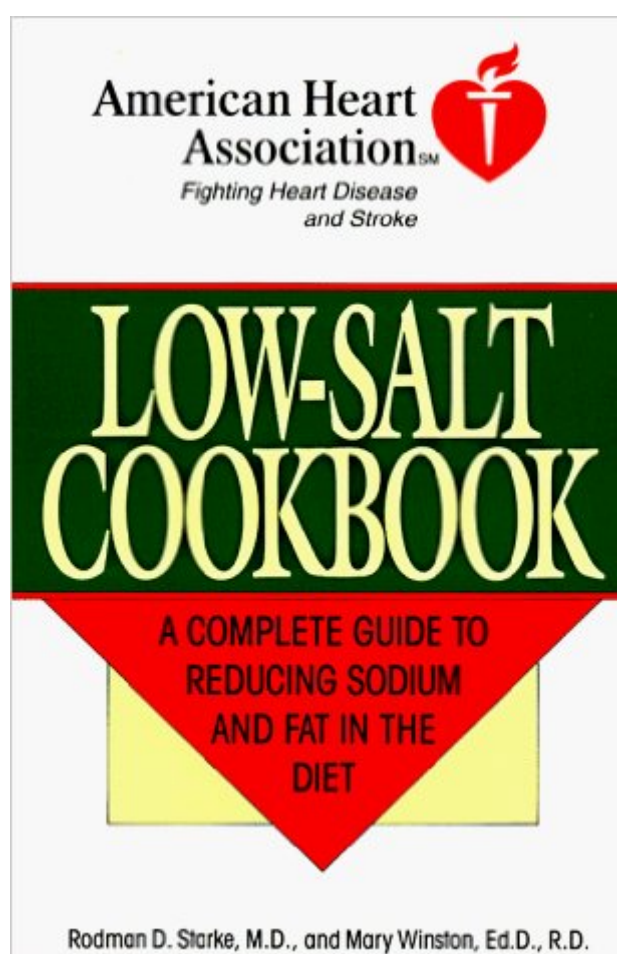


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# The American Heart Association Low-Salt Cookbook: A Complete Guide To Reducing Sodium And Fat In The Diet



## Synopsis

This guide features over 175 recipes, plus 2 diet plans and tips on shopping, reading labels, substituting foods and surviving dining out. All recipes are accompanied by a breakdown of nutritional contents. 100 line drawings.

## Book Information

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Average Customer Review: 3.6 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #2,417,208 in Books (See Top 100 in Books) #116 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #371 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#) #1699 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

## Customer Reviews

This is a low-fat cookbook with the words "low-fat" crossed out and "low-salt" written in in crayon. I need a low-sodium diet because of inner ear problems and I was very disappointed with this book. Consider, for example, these two recipes: "Chicken Enchiladas," p.112 and "Spinach Lasagna," p 142. The former has 684 mg sodium per 2-enchilada serving and the latter has 594 mg per serving. Sorry, folks, but this ain't "low-salt." The book does have many low-salt recipes, but the real focus is low-fat. The authors use considerably more space discussing low-fat issues than low-sodium issues and precious little of the latter. Since you're not going to eat enchiladas and lasagna every night (I hope not!), the average amount of sodium intake over, say, a week would be lower using these recipes. This is fine if your focus is to take good care of your heart, but if you're like me and you're sensitive to bursts of sodium into your system, this book doesn't cut it.

I can't believe the American Heart Association produces this book. As a recently diagnosed heart patient, sodium is a primary concern of mine. This book's title is terribly misleading--just because you don't add salt, doesn't mean there's not sodium in other ingredients. The recipes in this book

are not any better than most of the recipes in our Better Homes and Gardens cookbook. Just because the title says no salt, doesn't mean that these recipes will reduce your sodium intake. Browse and compare the recipes to those of other cookbooks with nutritional information. The AHA should be ashamed of itself. I recommend Gazzaniga's No-Salt, Lowest Sodium cookbook.

I can't say I'd buy this book for anyone else. I might give mine away to someone, that's for sure. I won't recommend it, either. The title is misleading. At least the No Salt, Lowest Sodium cookbook I found..., has a title that speaks what's inside the book. The Heart Association's book is for those who want low fat diets only. I don't think the Heart Association authors understand the difference between low salt and low sodium. It's the sodium we are concerned with. Too many recipes use high sodium ingredients -- including salt. There is a difference. The recipes taste as good in this book as in Gazzaniga's book (which are terrific), but that's because the authors are still dependent on salt and other high sodium ingredients. This book misses the mark by a mile.

After some hesitation, I chose this book, figuring I had nothing to lose except a couple of bucks. I was amazed at how delicious the recipes were. The pasta dishes are great, the vegetable dishes have a great blending of flavors. Even my kids have enjoyed some of the dishes I have prepared. I am also surprised at the desserts. They are quite nice: brownies, oatmeal cookies, custards and crepes! Yum!

This book has tons of recipes - organized under headings - which make it easy to find something to cook - when you need something new - a great tool for exploring the new world of low - salt. I have followed the recommendations in the book and I have lost 5 pounds in one month - I'm sure that I won't see them again - and I have never felt better - so full of energy!

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