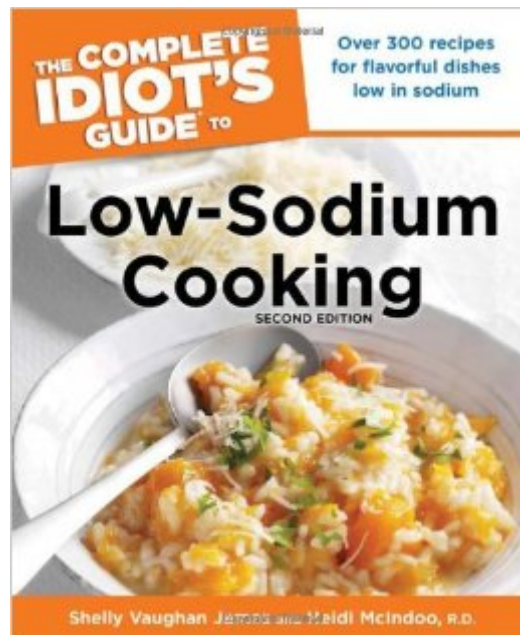


The book was found

# The Complete Idiot's Guide To Low-Sodium Cooking, 2nd Edition (Idiot's Guides)



## Synopsis

-All the same great content from The Complete Idiot's Guide to Low-Sodium Meals, updated with more recipes, the latest lo-so info, and special bonuses! Shake your salt habit with ease. Whether you simply want to reduce your sodium intake or your health-care provider has indicated a low-sodium diet, this cookbook offers tasty dishes without adding a grain of salt (or salt substitutes). From appetizers to desserts including traditionally sodium-laden categories like snacks, sauces, and condiments, the over 300 recipes call for easy-to-find, flavorful alternatives to salt. Features 50 all-new recipes for more than 300 sodium-sensible selections. Covers surprisingly high-sodium ingredients and provides "salt alternatives" for cooking. Book Extras include new meal plans targeting readers' daily sodium intake thresholds and low-sodium web resources.

## Book Information

Series: Idiot's Guides

Paperback: 416 pages

Publisher: ALPHA; 2 edition (December 6, 2011)

Language: English

ISBN-10: 1615641327

ISBN-13: 978-1615641321

Product Dimensions: 7.4 x 0.9 x 9.1 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #509,011 in Books (See Top 100 in Books) #119 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#)

## Customer Reviews

The first two chapters are a simple overview of the whys and wherefores of low sodium; however, it came out after the new CDC guidelines. The structure of the recipes by category (e.g. main dishes, salads, etc.) is especially great for newbies. The listing of recipes in the categories in descending order by sodium level is excellent! The index format is very helpful and the tips sprinkled throughout the recipes ("Pinch of Sage") are great and relevant.

Salt has its place in the overall nutritional picture, but if doctor's orders are for a low-sodium diet, the second edition of The Complete Idiot's Guide to Low-Sodium Cooking is the perfect guidebook for helping wean readers off of the salt shaker. Recipes are easy to understand and many can be ready

to serve within 30 to 60 minutes. You may be amazed to discover how many creative dishes and condiments you can create without even a dash of salt for boosting the flavor. The authors let fresh herbs and farm-fresh produce speak for themselves as the best inspiration for meals with color, great taste and good flavor!

My sister was just diagnosed with congestive heart failure. Lowering your salt intake is critical. While I thought it would help her, I learned a lot going through it. Thanks so much!

It's a great help to those restricted to a low salt diet, what more can I say. I don't have anymore words to describe it.

I have other low sodium books, but was surprised with some of the new and different info I gathered from this book.

[Download to continue reading...](#)

The Complete Idiot's Guide to Low-Sodium Cooking, 2nd Edition (Idiot's Guides) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Dash Diet Slow Cooker Recipes: Quick & Easy, Delicious Meals Ready In a Flash (Low Sodium, Low Fat, Low Carb, Low Cholesterol) The Complete Idiot's Guide to Handwriting

Analysis, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) The Complete Idiot's Guide to Pool And Billiards, 2nd Edition (Complete Idiot's Guides (Lifestyle Paperback)) You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium and No-Sodium Recipes Using Flavorful Spice Blends Low-Sodium Recipes: Decadent Sodium Free, Breakfast, Lunch, Dinner and More (The Easy Recipe) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) The Complete Idiot's Guide to Algebra, 2nd Edition (Idiot's Guides)

[Dmca](#)