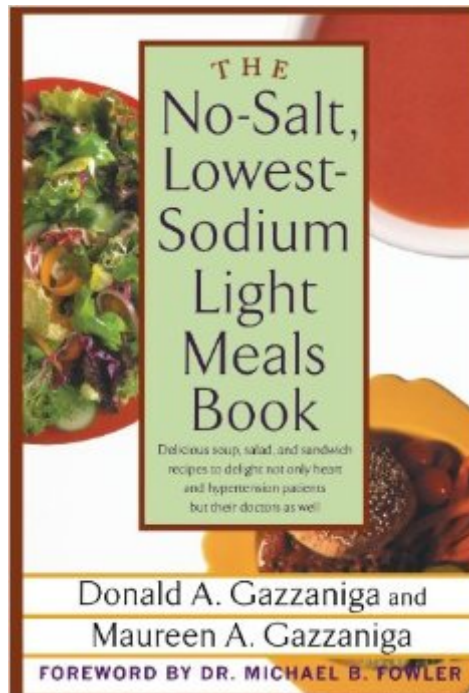


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# The No-Salt, Lowest-Sodium Light Meals Book



## Synopsis

In 1997, Don Gazzaniga was diagnosed with congestive heart failure. His doctor was ready to sign him up for a heart transplant. Don responded by creating a large selection of recipes that never went above five hundred milligrams of sodium a day. That's all! And the recipes were delicious. The No-Salt, Lowest Sodium Light Meals Book contains Don's and Maureen's recipes for lighter fare: soups, salads and dressings, and sandwiches. It provides a wide array of choices for those who want to dramatically lower their sodium intake without losing taste.

## Book Information

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Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (33 customer reviews)

Best Sellers Rank: #441,441 in Books (See Top 100 in Books) #104 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#)

## Customer Reviews

Good info about cooking a whole meal. Frustrated that it was referring to pages/recipes in prior book. If it was important to mention I WANTED RECIPE REPEATED IN THIS BOOK. I was grateful I had the book prior.

The No-Salt, Lowest-Sodium Cookbook has some really good recipes, but it's just as important that you read the Introductory information; "Straight Talk from A Cardiologist", "The importance of good nutrition for a Healthy Heart", and all the other pages of information. You may learn something you didn't know, or just be reminded of something you did know but hadn't thought about recently. The recipes tell you how much sodium you're actually adding with each ingredient by showing the information in parenthesis. Example: '1 cup fresh basil leaves (1.696 mg)' or '1/3 cup extra-virgin olive oil (trace)' At the end of each recipe, the calories, sodium, fiber, etc., are all listed per serving. The authors use brand names, not for advertising, but to make it easier to find appropriately low-sodium ingredients. One drawback: in some cases, the brand named ingredient is no longer

available! I am what some people call a "scratch" cook, meaning (I hope) that I rarely purchase prepared foods, and so, although the recipes are excellent, sometimes I just like to scan through the book to get ideas for preparing the winter squash I found on sale, or what to do with all those walnuts I still have in the freezer. All in all, I would recommend the book to everyone, but especially to those with health problems

Excellent, tasty recipes and great tips and information for those needing a no salt or lowest sodium alternative to regular recipes. My husband was diagnosed with Meneire's disease and needs to stay around 300 mg or less of sodium a day. I was having a difficult time finding recipes to suit this need until I found Don Gazzaniga's books and website. The soups and salads in this particular cookbook are even easy enough for my husband (a non cook) to handle.

No-Salt, Lowest-Sodium, Light Meals Book, is very good! Being on a restricted diet is tough, but this book makes your meal options so much easier. For me, I really loved the idea of making low-sodium salad dressing and this book contains several, along with lots of other meal plans. This book will get a lot of use!

Having just been diagnosed with congestive heart failure like the author of this book was, I found the recipes to be really wonderful and very useful in that one can prepare wonderful meals with very little sodium using the included recipes...

Excellent, healthy recipes, that meet my desire for real flavor in low sodium meals. Now if only my parents were willing to try some new foods (they are in their 90's). Great job, and important for anyone who must have a low sodium diet, and healthy for those of us who want to prevent problems later! Thank you!

Really enjoy this cook book. Ingredients are at hand in your kitchen. Nothing fancy just plain good food minus the salt. For people looking to reduce sodium content this book is a must. I have tried many of the recipes and none have been a dud so far. My personal favorites to name a few are creamy coleslaw with tangy dressing, Asparagu salad, Don's Philly Steak.

I bought this book to help cook for my father who has congestive heart failure and requires a low sodium diet. I was surprised how good these recipes are and bought another copy for myself. Very

impressed.

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