

The Everything Low Salt Cookbook Book: 300 Flavorful Recipes To Help Reduce Your Sodium Intake - Pamela Rice Hahn

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According to the American Dietetic Association, Americans consume three times the suggested daily salt intake. For many people, too much salt can cause a host of medical conditions, including high blood pressure, which can lead to heart disease and stroke. Featuring 300 delicious low-salt meals that would please even the pickiest eater, The Everything Low-Salt Cookbook provides specific instructions on how to eat, what to eat, and how to curb those between-meal salt cravings. Featuring important dietary information such as calorie counts, fat grams, carbohydrates, protein, and sodium for each recipe, The Everything Low-Salt Cookbook will have you throwing out your salt shakers and serving up flavorful dishes for everyone! Author: Hahn, Pamela Rice Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Low Salt Cookbook Book: 300 Flavorful Recipes to Help Reduce Your Sodium Intake Pages: 00304 (Encrypted EPUB) / 00304 (Encrypted PDF) On Sale: 2004-05-06 SKU-13/ISBN: 9781593370442 Category: Cooking : Health & Healing - Low Salt

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