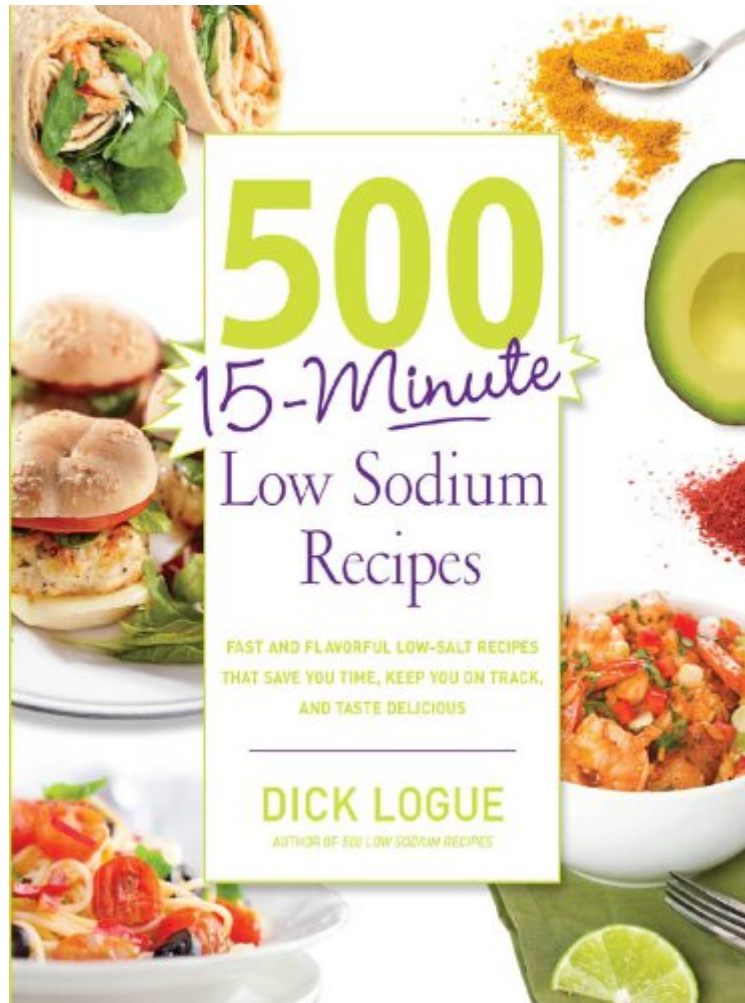




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500 15-Minute Low Sodium Recipes



Synopsis

Create great, low-sodium meals in a jiffy while still enjoying all the foods and flavors you love with 500 15-Minute Low-Sodium Recipes! In these pages, youâ™ll be treated to dishes so delightful youâ™d never guess theyâ™re low in salt and quick to prepare. Packed with 500 recipes to choose from, youâ™ll find everything from beef, chicken, and vegetables dishes to international takeout-style recipes, desserts, and more. And with 15 minutes or less prep time on every recipe, staying on track is as easy as pie! Youâ™ll also find a nutritional breakdown on every recipe, making it easier than ever to track your daily sodium intake. Cutting sodium doesnâ™t mean cutting flavor or variety, or spending hours in the kitchen on complicated recipes. Make staying on course easyâ”and delicious!â”with 500 15-Minute Low-Sodium Recipes.

Book Information

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Customer Reviews

I received this book today and, consequently I haven't tried any of the recipes yet but I already have a problem. Of the recipes I've checked so far, most will have to be reworked before I can use them. Unlike the author who was put on a sodium restricted diet due to congestive heart failure, my

husband's problem is hypertension and the medication he's on precludes the use of potassium supplements and "salt substitutes" which are high in potassium. We've found in the months since his diagnosis that many "no salt added" products -- especially tomato products -- make up for the absence of salt with large amounts of potassium. Many of the recipes in this book call for "no salt added" products which achieve the "low sodium" designation while putting them off limits for persons on certain hypertension medications. I don't fault the author for this oversight but if you are wanting to get this book because you're cooking for someone with hypertension, be aware that depending on that person's medication you will have to rework certain recipes before you can use them. Consult with your doctor and I suggest developing a label reading habit bordering on obsessive.

If you are on a low sodium diet and don't have much time. Like me, this is perfect. Great product I highly recommend it.

very precise with the nutritional information. the wife has cirrhosis of the liver I needed low sodium recipes. The recipes are easy to follow and taste good.

I use it all the time for my Dad, it has been so helpful in maintaining his dietary restrictions. We've found lots of quick and easy to prepare dishes that are tasty. I like the section for meals using a slow cooker.

My blood pressure has gone from bad to awesome with this book. It has great recipes that real people can eat. It's not cow tongue and hoity toity ingredients you've never heard of. You don't have to be a master chef to understand it either! I've also lost some weight with it too!! Since I'm eating less pre-prepared food I'm also saving money.

Excellent cookbook with all the nutritional info per serving, including salt!!!!!!

Got this for my mother that needs to be on a reduced sodium diet. Seems to have a lot of great recipes.

For us who are on a low sodium diet. This is a great book. The food is suprising good.

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Cookbook, Eat Fat, Ketogenic Diet)

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