

# [PDF] American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide To Reducing Sodium And Fat In Your Diet

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#### **Description:**

Whether you have heart-health problems now or want to avoid having them in the future, keeping your sodium intake low is one of the best ways to help your heart. In this revised and expanded

fourth edition of the *American Heart Association Low-Salt Cookbook*, the association shows that a low-sodium diet can be not only good for your health but also full of flavor.

Including everything from appetizers and soups to entrées and desserts, *American Heart Association Low-Salt Cookbook, 4th Edition*, offers more than 200 delicious low-sodium recipes—more than 50 of them brand-new to this edition. Whether you are in the mood for a beloved classic or a new favorite, you will find just the dish to please your palate.

Looking for a less salty snack? Try Baked Veggie Chips served with Hot and Smoky Chipotle-Garlic Dip. Craving something hearty and full of flavor? Slow-Cooker Moroccan Chicken with Orange Couscous is an ideal low-sodium fix-it-and-forget-it meal. For a Sunday-night family dinner, try Three-Cheese Lasagna with Swiss Chard. And for your sweet tooth? Whip up Peach and Blueberry Cobbler or Rice Pudding with Caramelized Bananas for a special treat.

With this book in hand, you'll be armed with nutrition numbers for every recipe and the latest American Heart Association dietary information, as well as the how-tos for avoiding hidden sodium, shopping smart, and using healthy cooking techniques. You'll also find useful resources such as a sodium tracker, a no-sodium seasoning guide, a list of common high-sodium foods, ingredient substitutions, and serving suggestions for each of the food groups.

*From the Hardcover edition.*

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