



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* also provides specific instructions on how to eat, what to eat, and how to curb those between-meal salt cravings.

The quick-and-easy cookbook features:

- Appetizers, such as Sweet Stuff Guacamole Dip
- Seafood, such as Baked Orange Roughy in White Wine
- Unique sandwiches, such as Meat-Tofu Burgers with Cheese
- Ethnic cuisine, such as Curried Couscous
- Healthy desserts, such as Veggie-Fruit Salad

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!

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