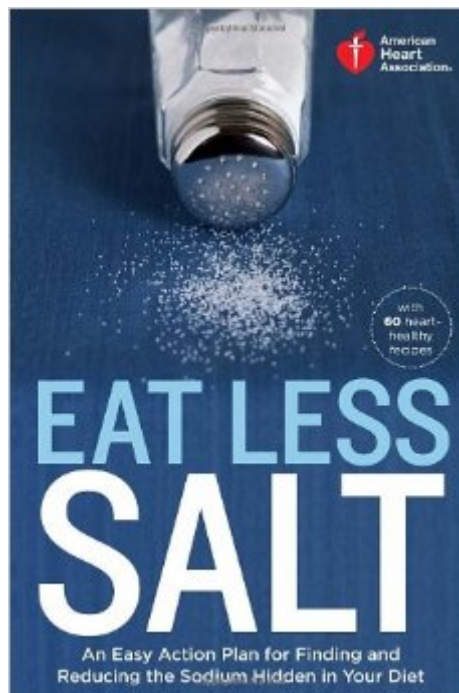


The book was found

American Heart Association Eat Less Salt: An Easy Action Plan For Finding And Reducing The Sodium Hidden In Your Diet



Synopsis

Knock down that sodium--but not the flavor--to decrease your blood pressure and risks for heart attack and stroke. This toolkit, sodium tracker, and cookbook in one gives you solid health information and 60 low-sodium recipes for favorite comfort foods. With the book's step-by-step approach, eating less salt has never been more achievable. Everyone can benefit from a lower sodium diet: Millions of Americans (including 97 percent of children) consume far more sodium than they need, averaging about 3,400 milligrams of sodium a day, or seven times what the body needs to function. To help you achieve the association's recommended daily sodium intake of 1,500 milligrams, *Eat Less Salt* gives you realistic strategies for cutting back on sodium gradually. With this book, you'll learn how to:

- Monitor your current sodium intake
- Reduce the high-sodium products in your pantry, refrigerator, and freezer
- Read and understand food labels
- Know which popular foods are salt traps
- Keep sodium in check while eating out
- Plan healthy, lower-sodium weekly menus without sacrificing flavor

Book Information

Series: American Heart Association

Paperback: 272 pages

Publisher: Harmony; 1 edition (March 5, 2013)

Language: English

ISBN-10: 0307888045

ISBN-13: 978-0307888044

Product Dimensions: 6.1 x 0.7 x 9.2 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (21 customer reviews)

Best Sellers Rank: #244,060 in Books (See Top 100 in Books) #21 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #56 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #82 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

Customer Reviews

You can line your favorite foods up on the fence and shoot them down, one after the other. Too much fat, too much sugar, the wrong kind of protein, the high-spiking carbs and what's left? Oh, yeah, too much salt. After I gave up tobacco and alcohol I thought I was entitled to enjoy the blessings of my sacrifices. But no. Now what? Hypertension, that's what. Whoo-dathunk? Now I got

to give up my potato chips, barbecue and even my Lean Cuisine for crying out loud. Oh the world is rich with gorgeous irresistible temptresses concealing deadly weapons plotting my demise. I thought if I stayed away from the wrong side of town and avoided retired high school teachers with stinky motor homes I was safe. It seemed OK to visit the corner grocery store. Wrong! Once you're in the store you have to prowl the aisles with your magnifying glass and read the nutrition facts label on every can and jar that the Mad Men of marketing have laid out like so many land mines. There are a few treasures left. They have sodium less than 120mg per serving. A little is necessary and good. Too much is deadly. Moderation in all things I tell you! And where is my friend, my guide, my true companion? My heart's defender? Could it be the American Heart Association. It could! In this little blue book is the way to find the better choices and answer the recurring question "What should I eat?". It's even got recipes! Don't just throw something frozen into the microwave. It isn't that hard to do better. Now it's my new hobby. The hunter gatherer and microwaver is becoming more discerning, better informed and even flaunting better form.

I love this book! I had NO idea there were so many hidden sources of sodium in the things I'd been eating everyday. This book gives you alternatives so you can make intelligent decisions when planning your daily menus. I had been doing so many things wrong. This book gives you the tools to do things right for your health and lower your blood pressure in the process.

My dad was diagnosed with congestive heart failure and A-FIB in October 2013. This book has given him back all of his favorite foods without sacrificing flavor. It's wonderful how this book really focuses on the consumer. I don't know why we ever bought anything pre-prepared. It's easy to do and more flavorful!

This is an easy read, but for those of us on a sodium restricted diet it's nothing new your doctor didn't say. That said if the doctor didn't do a good job, this has the basics on how and why it's a good idea to decrease your sodium. There are a few recipes but just not enough to find what you want. Also they still include adding salt in most recipes, not a lot, but I've found you can just remove it altogether, so why bother?

This is an excellent book especially for those beginning to deal with a low sodium lifestyle. I wish I had had such a resource 12 years ago when I started. Part I is up-to-date information on sodium and its affects on our health. Part II helps layout "strategies" for living a low sodium lifestyle. Part III

provides recipes with nutrition information per serving. The 60 recipes are a good starting point for anyone. Part IV is called the "Toolkit" with resources to help get a low sodium life style started. There are two indexes for general information and the recipes. A worthwhile first book purchase!

This book is excellent. It is authoritative and a practical guide for taking meaningful and actionable steps to control your sodium intake---even under difficult circumstances such as when eating out. The disclosure of hidden sources of sodium even enlightened me who thought I already knew it all! If you have sodium concerns this book is a 'must have'

my father is on a low sodium diet and he was really struggling. This book is so easy to understand and helpful that I am now comfortable that dad is confident and comfortable with the program he is on.

When does a cookbook become a health care tool? As a librarian, I got this to share with our community. I trust it as it comes from the American Heart Association.

[Download to continue reading...](#)

American Heart Association Eat Less Salt: An Easy Action Plan for Finding and Reducing the Sodium Hidden in Your Diet Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Living Well Without Salt: No Salt, Lowest Sodium Cookbook Series How to Draw Action Figures: Book 2: More than 70 Sketches of Action Figures and Action Poses (Drawing Action Figures, Draw Action Figures Book, How Draw Action Poses, Draw Comic Figures) Sodium Girl's Limitless Low-Sodium Cookbook BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan template, business plan guide - DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) 500 Low Sodium Recipes: Lose the salt, not the flavor in meals the whole family will love ANA Grading Standards for United States Coins: American Numismatic Association (Official American Numismatic Association Grading Standards for United States Coins) American Birding Association Field Guide to the Birds of New Jersey (American Birding Association State Field) American Birding Association Field Guide to the Birds of Colorado (American Birding Association State Field) Salt Block Cooking: 70 Recipes for Grilling, Chilling, Searing, and Serving on Himalayan Salt Blocks (Bitterman's) Low-So Good: A Guide to Real Food, Big Flavor, and Less Sodium with 70 Amazing Recipes The End of Heart Disease: The Eat to Live Plan to Prevent and

Reverse Heart Disease Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight LossÃ Â©
(with Over 350+ of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded
Living) DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy
Living: Dash Diet Recipes, Book 1 Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes
Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Mediterranean Diet for
Beginners: The Complete Guide - 40 Delicious Recipes, 7-Day Diet Meal Plan, and 10 Tips for
Success Hashimoto's Cookbook and Action Plan: 31 Days to Eliminate Toxins and Restore Thyroid
Health Through Diet American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than
200 Healthy Recipes You Can Make in Minutes

[Dmca](#)