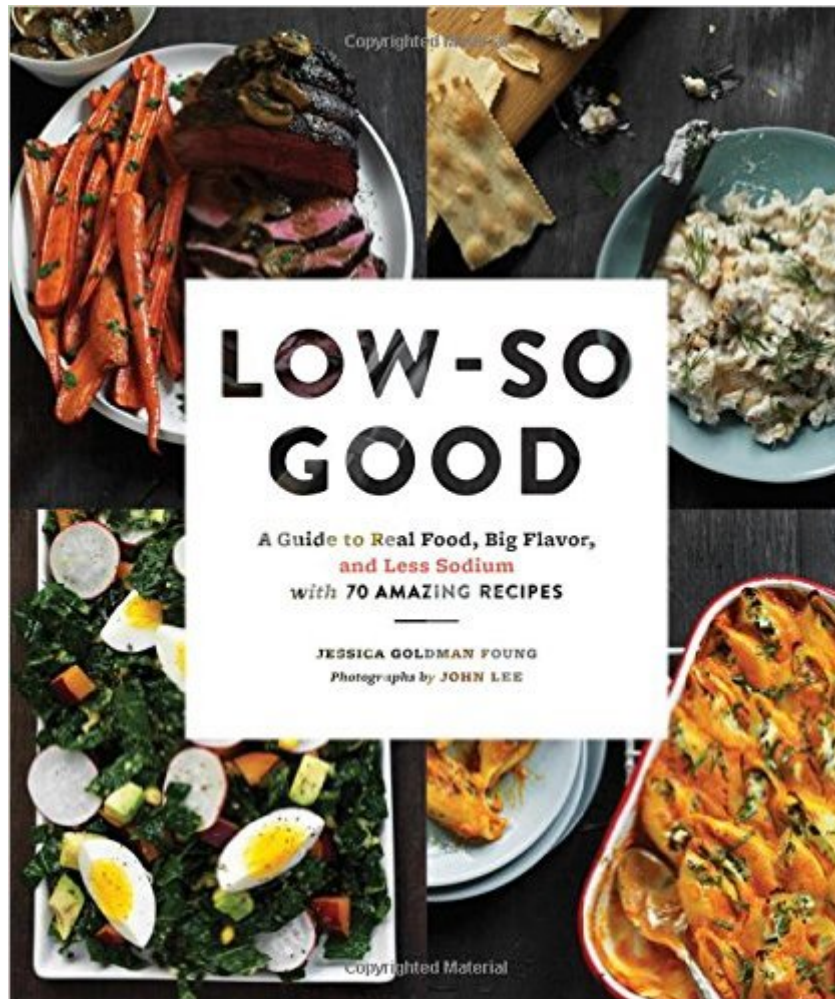


The book was found

# Low-So Good: A Guide To Real Food, Big Flavor, And Less Sodium With 70 Amazing Recipes



## Synopsis

Hundreds of millions of people live with medical conditions that require lowering sodium intake—heart disease, hypertension, kidney disease, and diabetes, to name a few—and research shows most of us would be healthier if we consumed less salt. What could be a challenge becomes an opportunity in *Low-So Good*, a beautifully photographed guide about living a rich life with a low-sodium diet. Featuring signature swaps, a seven-day Taste Bud Reboot, a transformation workbook, 70+ recipes for much-loved food (including fries, cake, and dips), and chapters filled with advice for every part of life, *Low-So Good*, is an indispensable tool for living well with less sodium. And with a focus on fresh ingredients and creative cooking, *Low-So Good* will empower anyone with any special diet to live well beyond their restrictions.

## Book Information

Hardcover: 272 pages

Publisher: Chronicle Books; 1 edition (June 14, 2016)

Language: English

ISBN-10: 1452135088

ISBN-13: 978-1452135083

Product Dimensions: 7.8 x 1 x 9.2 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars— See all reviews— (14 customer reviews)

Best Sellers Rank: #424,968 in Books (See Top 100 in Books) #91 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt

## Customer Reviews

I'm giving 3 stars because I have no use for more than half of the book. I am an experienced cook, so don't need all the tips that a novice might find useful, and have been following and cooking a low sodium diet for many years and have a pretty good handle on it, so all I really wanted was recipes. I would have given a higher rating if there were more of them taking up space in this fairly large book (272 pages and only 70 recipes). I also don't care for the ingredient list printed in light colored ink. I'm finding it hard to read. I will say however, many of the recipes look quite good.

This is an incredible guidebook to living a healthy, low-sodium and delightful lifestyle. The author marries personal stories and deep knowledge of the science behind food flavors, and sodium volumes. Tons of useful knowledge that provide learnings for anyone from the beginner cook to

seasoned chef. The authors passion, humor and zest for life shine through the pages and you get the sense you have a personal diet cheerleader and support system. Highly recommend this book for anyone trying to abide to a new diet, or just anyone interested in changing their relationship with food for the better!! Her first book, Sodiumgirl's Limitless Low-Sodium Cookbook, is a perfect compliment with even more recipes!!!

Fabulous pictures and tips for getting started on a lower sodium diet. I especially love the "mental game" sections that help you overcome hurdles that might get in the way of you sticking with your newer and healthier lifestyle. The author's sense of humor is a breath of fresh air too! Anyone who has ever been told to limit their sodium intake needs to read this book - and make some of the delicious recipes! You won't be disappointed.

I love how accessible the author makes this information. I find that everything health/food related can often feel overwhelming but she breaks it all down in such an inspiring and digestible way. Beautiful photography, great stories and delicious recipes in this book. Definitely going to gift this book to others as well!

I purchased this cookbook because I was looking for healthy, delicious, low sodium recipes for my husband and three children. Sodium (and sugar) are everywhere so when I can control the amounts my family eats while still providing delicious foods, I jumped on it. These recipes do not disappoint! I was impressed by the range of choices and the simplicity of the prep. Excited to try all of them!!!!

Another gorgeous, inspiring and extremely helpful book from Jessica Goldman Fount. Filled with scrumptious recipes, sweet stories, invaluable practical advice and lovely photos, Low So Good makes it easy to want to (and actually manage to) eat and live healthy. A must-have for anyone who wants to cut salt from their diet, or just add flavor in innovative ways.

Low-So Good's stuffed with easy tips that have look gourmet and taste great alongside tricks to healthy, family-friendly recipes, entertaining guides and gorgeous visuals celebrating the beauty of eating and living well.

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

Low-So Good: A Guide to Real Food, Big Flavor, and Less Sodium with 70 Amazing Recipes Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast,

easy low salt, low sodium cookbook) (Volume 2) Sodium Girl's Limitless Low-Sodium Cookbook 500 Low Sodium Recipes: Lose the salt, not the flavor in meals the whole family will love Rice Cooker Recipes - Asian Cooking - Quick & Easy Stir Fry - Low Sugar - Low Sodium: Bonus: Trader Joe's Ingredients Asian Style Recipes (Rice Rice ... - Healthy Eating On a Budget) Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) DASH Diet Slow Cooker Recipes: 60 Delicious Low Sodium Slow Cooker Recipes (DASH Diet Cookbooks) (Volume 3) Homemade Sauces: 50 Sauce Recipes for Low-Sodium Diets The Food Service Professional Guide to Controlling Restaurant & Food Service Food Costs (The Food Service Professional Guide to, 6) (The Food Service Professionals Guide To) Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Low Carb: The Low Carb Dessert BIBLEÂ© with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert CookBook for Rapid Weight Loss) American Heart Association Eat Less Salt: An Easy Action Plan for Finding and Reducing the Sodium Hidden in Your Diet Simple Food, Big Flavor: Unforgettable Mexican-Inspired Recipes from My Kitchen to Yours The Amazing Adventures of Phoenix Jones: And the Less Amazing Adventures of Some Other Real-Life Superheroes: An eSpecial from Riverhead Books The Real Book of Real Estate: Real Experts. Real Stories. Real Life The Food Service Professional Guide to Controlling Restaurant & Food Service Operating Costs (The Food Service Professional Guide to, 5) (The Food Service Professionals Guide To) Beer Tasting & Food Pairing: The Ultimate Guidebook: Become An Expert In Beer Tasting, Food Pairing & Flavor Profiling (Beer, Beer Brewing, Beer Bible, Beer Making) The Book on Investing In Real Estate with No (and Low) Money Down: Real Life Strategies for Investing in Real Estate Using Other People's Money Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) The Food & Cooking of Indonesia & the Philippines: Authentic Tastes, Fresh Ingredients, Aroma And Flavor In Over 75 Classic Recipes

[Dmca](#)