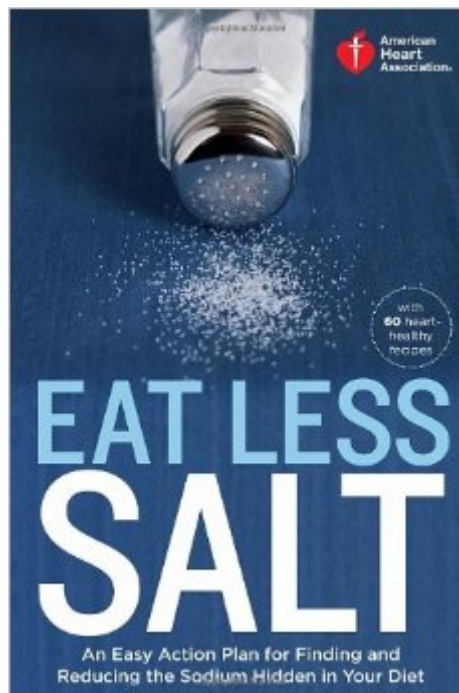


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# American Heart Association Eat Less Salt: An Easy Action Plan For Finding And Reducing The Sodium Hidden In Your Diet



## 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

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## 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.

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