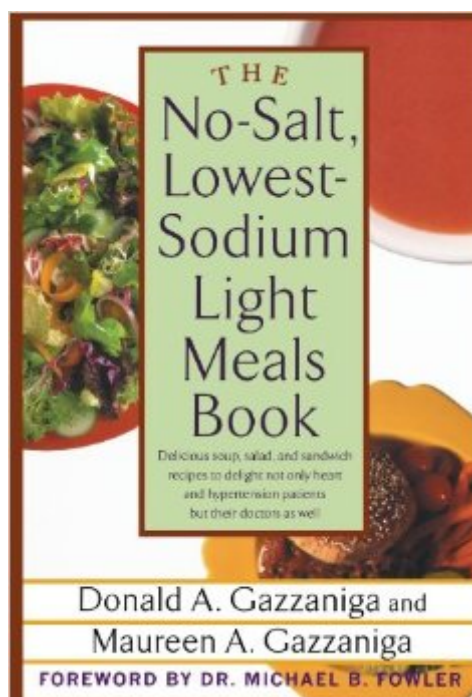


The book was found

The No-Salt, Lowest-Sodium Light Meals Book



Synopsis

In 1997, Don Gazzaniga was diagnosed with congestive heart failure. His doctor was ready to sign him up for a heart transplant. Don responded by creating a large selection of recipes that never went above five hundred milligrams of sodium a day. That's all! And the recipes were delicious. The No-Salt, Lowest Sodium Light Meals Book contains Don's and Maureen's recipes for lighter fare: soups, salads and dressings, and sandwiches. It provides a wide array of choices for those who want to dramatically lower their sodium intake without losing taste.

Book Information

Paperback: 272 pages

Publisher: St. Martin's Griffin; Reprint edition (July 25, 2006)

Language: English

ISBN-10: 0312335024

ISBN-13: 978-0312335021

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (33 customer reviews)

Best Sellers Rank: #441,441 in Books (See Top 100 in Books) #104 in Â Books > Cookbooks, Food & Wine > Special Diet > Low Salt

available! I am what some people call a "scratch" cook, meaning (I hope) that I rarely purchase prepared foods, and so, although the recipes are excellent, sometimes I just like to scan through the book to get ideas for preparing the winter squash I found on sale, or what to do with all those walnuts I still have in the freezer. All in all, I would recommend the book to everyone, but especially to those with health problems

Excellent, tasty recipes and great tips and information for those needing a no salt or lowest sodium alternative to regular recipes. My husband was diagnosed with Meneire's disease and needs to stay around 300 mg or less of sodium a day. I was having a difficult time finding recipes to suit this need until I found Don Gazzaniga's books and website. The soups and salads in this particular cookbook are even easy enough for my husband (a non cook) to handle.

No-Salt, Lowest-Sodium, Light Meals Book, is very good! Being on a restricted diet is tough, but this book makes your meal options so much easier. For me, I really loved the idea of making low-sodium salad dressing and this book contains several, along with lots of other meal plans. This book will get a lot of use!

Having just been diagnosed with congestive heart failure like the author of this book was, I found the recipes to be really wonderful and very useful in that one can prepare wonderful meals with very little sodium using the included recipes...

Excellent, healthy recipes, that meet my desire for real flavor in low sodium meals. Now if only my parents were willing to try some new foods (they are in their 90's). Great job, and important for anyone who must have a low sodium diet, and healthy for those of us who want to prevent problems later! Thank you!

Really enjoy this cook book. Ingredients are at hand in your kitchen. Nothing fancy just plain good food minus the salt. For people looking to reduce sodium content this book is a must. I have tried many of the recipes and none have been a dud so far. My personal favorites to name a few are creamy coleslaw with tangy dressing, Asparagus salad, Don's Philly Steak.

I bought this book

impressed.

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