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Sodium Girl s Limitless Low-Sodium Cookbook (Paperback)

By Jessica Goldman Fong

Houghton Mifflin Harcourt Publishing Company, United States, 2013. Paperback. Condition: New. New. Language: English . Brand New Book. The essential cookbook for anyone who follows a low-sodium diet (and enjoys throwing dinner parties) Millions of people live with hypertension or chronic kidney disease, and for them, eating a diet low in sodium is a vital part of maintaining good health. And, on average, Americans consumer more than double the lower recommended daily intake. Unfortunately, there just aren t enough great low-sodium cookbooks that offer the kind of dishes that home cooks want. But not any more! In Sodium Girl s Limitless Low-Sodium Cookbook , Jessica Goldman Fong, the blogger behind, presents an enticing collection of recipes that bring color and excitement toa low-sodium diet. With creative substitutions, Fong shows people how to lose the sale and keep the foods they love. With this vibrant cookbook, eating great and staying healthy are one in the same, proving low-sodium can be a delight and not just a doctor s orders. Includes delicious recipes for low-sodium meals of all kinds, including the traditionally salty foods you love most, like bloody marys and buffalo wings Features gorgeous full-color photographs by popular blogger and photographer...



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Reviews

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-- **Guillermo Marquardt**

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