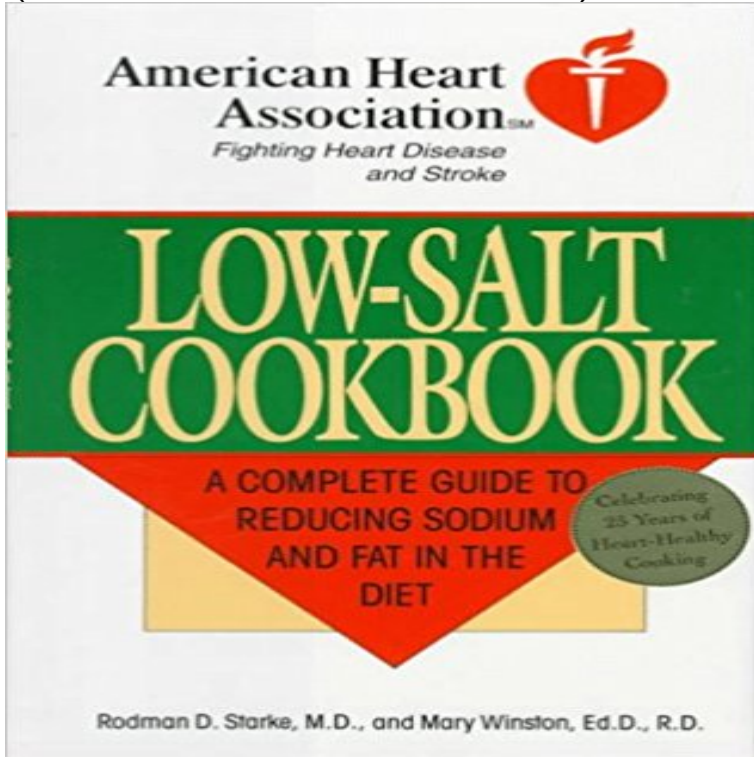


Low-Salt Cookbook: A Comp Guide to Reducing Sodium & Fat in Diet (American Heart Association)



Low-salt doesn't mean low flavor, as the American Heart Association demonstrates in this latest addition to its library of cookbooks. The American Heart Association Low-Salt Cookbook features 175 all-new recipes and two diet plans as well as important information on heart-healthy eating. High blood pressure -- hypertension -- can be a significant factor in cardiovascular disease. Recent research has proven that when you reduce the amount of sodium in your foods and change the kind and amount of fat in your diet, you can lower your risk of heart and blood disease. Now, with The American Heart Association Low-Salt Cookbook, people with hypertension have an invaluable guide to the lowering of blood pressure through sensible diet, developed by experts on matters of the heart, the American Heart Association. From chicken primavera to gazpacho, vegetarian chili to raspberry sorbet, the recipes in this cookbook are all low-fat and low-cholesterol as well as low-salt -- and all are delicious. Each recipe is accompanied by a nutrient analysis table listing calorie count and a complete breakdown of nutritional contents. More than a collection of savory recipes, The American Heart Association Low-Salt Cookbook is a definitive sourcebook, with practical advice about shopping, reading labels, cooking techniques, substituting ingredients, planning menus, and more. The American Heart Association Step-One and Step-Two Diets are easy-to-follow, proven-effective programs to help lower blood pressure and blood cholesterol levels. With The American Heart Association Low-Salt Cookbook, you'll learn to cook with exciting new blends of herbs and spices, drawn from the cuisines of the world. And you'll see how combinations of fresh ingredients and cooking methods can produce foods so flavorful you won't even notice that salt is missing. This inventive

approach can be used for preparing simple meals -- or in creating elegant dinner parties or holiday celebrations. Even such favorite desserts as apple pie, brownies, and southern pralines can be healthful treats.

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