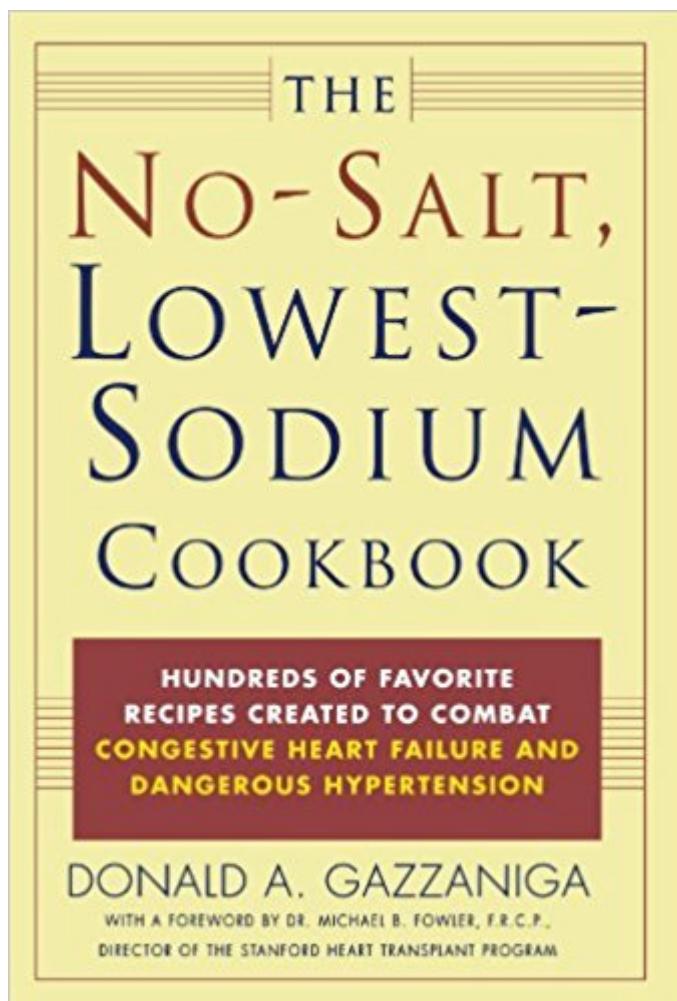


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The No-Salt, Lowest-Sodium Cookbook



Synopsis

Donald Gazzaniga, diagnosed with congestive heart failure, was headed for a heart transplant - the only effective medical treatment. Urged by his doctor to keep his sodium intake "under 1,500-2000 mg. a day," Don headed for the kitchen and went to work. Aware that cutting out table salt is the barest beginning of a true low-sodium diet, Don devised recipes for delicious low-sodium dishes that added up to less than 500 mg. daily, 70% lower than those in other low-sodium cookbooks. The result? Don's name has been removed from the transplant list and his doctors believe that his diet played a significant role. The No-Salt, Lowest-Sodium Cookbook contains:^{*} Hundreds of good tasting, easy-to-make recipes^{*} An introduction by Dr. Sandra Barbour of the Kaiser Permanente Foundation^{*} Advice on finding low-sodium prepared foods, eating in restaurants, etc. * Accurate sodium content of every ingredient and of the total servings^{*} A twenty-eight-day low-sodium menu planner by Dr. Jeannie Gazzaniga, Ph.D., R.D. This book is for informational purposes only. Readers are advised to consult a physician before making any major change in diet.

Book Information

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Customer Reviews

Even though it's a cookbook, this work reads like high drama: Gazzaniga suffered from heart failure, a condition that can in some cases necessitate a heart transplant; but because he successfully controlled his salt and sodium intake, he has restored his health. Gazzaniga realized that he'd first have to adapt his tastes and cravings to new flavors and textures. Cream, soy sauce, ketchup and commercial breads were just a few things that had to be eliminated, but as he avers, "All is not lost." Gazzaniga bakes all his own breads with a lowest-sodium baking powder, buys no-salt canned

goods from the health-food store and has even found an acceptable no-salt ketchup. It may take some extra planning and shopping, but, he promises, readers will find his wide-ranging recipes (Chicken in Almond Sauce, Scampi in Wine, Snake River Carrot Salad, and Way Good Oatmeal Cookies) more than worth it. With personal flourishes and encouragement and detailed sodium-content information, Gazzaniga dishes up a cookbook that's much more creative and satisfying than its dry, even didactic, title may lead one to believe. (Jan. 12) Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

A congestive heart failure survivor becomes a no-salt cooking guru and proves you don't have to sacrifice flavor to cut salt. He shares his journey to better health and his favorite low-sodium recipes. -- Marsha McCulloch, M.S., R.D., Meredith Publications, Heart Healthy Magazine, Spring, 2009. Even though it's a cookbook, this work reads like high drama: Gazzaniga suffered from heart failure, a condition that can in some cases necessitate a heart transplant; but because he successfully controlled his salt and sodium intake, he has restored his health. -- Publishers Weekly (Jan. 12) "Gazzaniga has already received rave reviews of his 28-day meal planning guide from readers and visitors to his Web site (megaheart.com) whose improvement has seemed miraculous to them." -- Neil Miller, USC Trojan Family Magazine, winter 2001 "Recommended for most consumer health and diet collections." Pauline Baughman, Library Journal, Copyright 2003 Reed Business Information. With personal flourishes and encouragement and detailed sodium-content information, Gazzaniga dishes up a cookbook that's ...creative and satisfying. • Publishers Weekly

I absolutely love this book. It explains a low sodium diet in an easy to understand way. There is a meal plan in the back that's very easy to follow. Starting a big dietary change for medical reasons is so hard to do but this book makes it easy. The recipes DO NOT call for strange ingredients you'd probably never use again or ingredients you're not sure you'd even like....another reason I like this book. The only con...no pictures of any recipes. I don't mind it but others may since most cookbooks printed now days have pictures.

Buying food w low to no sodium in the grocery store or out at a restaurant is nearly impossible. I now check all labels to ensure that I don't exceed the RDA of 2000. My DH was Dx w Meniere's & we've learned that controlling Sodium contributes to his well-being, Weight loss & NO bouts of violent nausea! We're sold! Fresh cooking. Controlled to no sodium bc we control the ingredients in

our food. Finding low-no sodium was the logical next step. Found this book on and it is fabulous! Easy, healthful recipes. Thank, !! Please offer more cook books like this! A no salt diet doesn't have to be bland! I'm the cook, but my DH (dear or damn husband, depending on the day) now co-cooks w/me after 20 yrs! Love the book, the price, the recipes and now, my husband cooks for ME!

Informative for those not aware of sodium effects on health. Some recipes are extreme in my opinion.I suggest that you discuss with your doctor or a nutritionist the pros and cons of limiting sodium in extreme amounts. But if that is what your health care provider recommends, a drastic reduction of sodium in your diet, this is the book for you. Even some of the extreme low salt recipes seem tasty to me.I haven't actually tried any recipes, as at this time our Doctors believe our own efforts over the years to reduce salt has benefited us, just need to be aware of hidden sodium.

First off, let me say this cookbook has some great ideas and hints for cutting salt out of your diet. The section on sauces is great, with low sodium soy sauce, BBQ, white sauce, etc. There are lots of entree and side dish recipes, and a whole section on salads and salad dressings.I have two issues with the book however. As good as the sauce recipes are, there are no serving sizes included. The receipe will tell you how many serving is makes, and the nutritional info for each serving, but not the amount of sauce is in one serving (example, 2 tbs is one serving, or 1/4 cup etc...) It would be nice to have that.The other issue is that the nutritional info is way off on many recipes. The sodium amounts are usually correct, and with it being a low sodium cookbook that is the important thing. But i have found several recipes where info is incorrect. Usually it's the fat grams that is off, sometimes the carbs. One recipe was off by over 10 grams of fat per serving.Overall, its a decent source for recipe ideas and tips to cut sodium down, but if you are also watching calories, fat, carbs etc, then you may want to run these through a nutritional counter to determing the real calorie and fat count before you cook them.

Due to my husband's heart condition, I got this book to help create a starting point toward changing our diet. There's some great recipes & useful data for calculating any recipe's sodium content. Don't be afraid to alter recipes to meet your needs, just remember to account for any additional sodium that may have been added. I can use a potassium based salt substitute which helps to give more of a salted flavor to a recipe.

I bought this cookbook for my father's medical condition--he is limited to 1,000 mgs of Sodium a

day, so it's exceptionally difficult to find food for him. I actually quite enjoyed the fact that there were no photos, as I feel like I got many more recipes than from a normal cookbook. I also enjoyed that he displayed the total amount of sodium for the entire recipe, as serving sizes are usually way smaller than what the actual person eats. (Of course you could just multiply and do your own math, but what fun is that?)

I bought this book for my wife who was recently diagnosed with advanced stage CHF. Before she became ill, she cooked occasionally, with mixed success. After her dx, we both cooked more often, just omitting the salt from our favorite recipes and struggling to find no-salt/low-sodium products. Since getting this book, she is actually excited about cooking and enjoying everything she tries. I'm sure that doesn't mean that every recipe in the book is worth its salt (bad pun) but nothing nasty so far. As I type this review, she is planning a thanksgiving menu for 15 people. (She will have help preparing it) She has this book in one hand and a highlighter in the other. We have decided to make it heart-friendly. We still have a salt-shaker if any wimps can't handle it. She also felt very encouraged by the author's personal story as a CHF patient.

Very good resource for anyone who wants to eat healthier. I had borrowed this book from the library and liked it enough to find it on [and order it!](#) That does not generally happen - my compliments to the author !!! Did not mind the lack of pictures because it made up for it in substance. Bread, pizzas, soups, salad dressings! A variety of good recipes, menus and alternatives to flavoring packets and dressings- without salt and the dreaded preservatives. Suggestions for eating out! Holiday menus and a section of four weeks of meals that incorporate the tools in the book. Great for those who have to eat no salt - low-sodium diets for a medical condition and a boost for those who want to lose that extra water retention weight.

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