



The No-Salt, Lowest-Sodium Cookbook

Donald A. Gazzaniga

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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.

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Maria Bruns:

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Mary Jones:

In this time globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. Often the book that recommended to you is The No-Salt, Lowest-Sodium Cookbook this reserve consist a lot of the information on the condition of this world now. This book was represented how do the world has grown up. The vocabulary styles that writer value to explain it is easy to understand. Typically the writer made some study when he makes this book. This is why this book acceptable all of you.

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