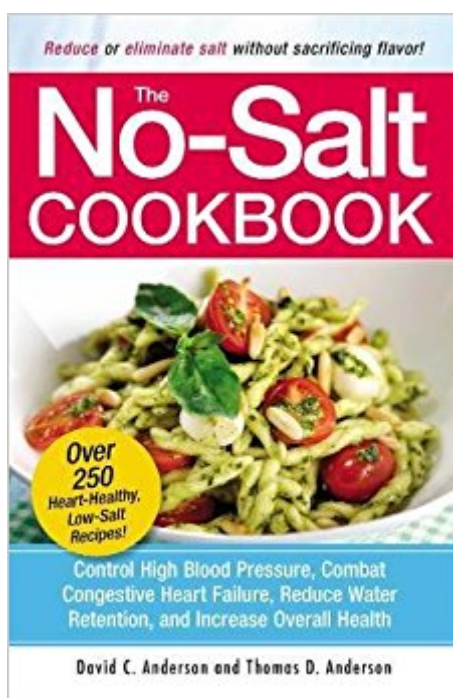


The book was found

The No-Salt Cookbook: Reduce Or Eliminate Salt Without Sacrificing Flavor



Synopsis

A father-and-son team offers up to 200 salt-free recipes designed to help people control high blood pressure, reduce water retention, and increase overall health, while still retaining flavor.

Book Information

Paperback: 336 pages

Publisher: Adams Media; 1 edition (August 1, 2001)

Language: English

ISBN-10: 1580625258

ISBN-13: 978-1580625258

Product Dimensions: 5.5 x 1.1 x 8.5 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 146 customer reviews

Best Sellers Rank: #130,606 in Books (See Top 100 in Books) #50 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#) #1589 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

David C. Anderson and Thomas D. Anderson, father and son, have created more than 500 recipes. David is a journalist with more than thirty years' experience writing and editing for national publications, including the Wall Street Journal, the New York Times, and The American Prospect. He lives in New York City. Thomas is a self-taught chef and recipe writer living in Warwick, Rhode Island.

My husband is on a low or no salt diet. I searched a lot of cookbooks but never found one to my liking until this one. Great recipies and I could not really tell ta huge difference between cooking with salt and cooking without. I purchased no sodium baking soda and baking powder and tried some muffin recipies as well as other baking recipies and I could not tell the difference at all. This is now my right hand cookbook. I would recommend it to anyone who wants to lower their salt intake.

Great recipes! My husband is unable to have sodium and I have to learn how to cook all over again.

I recently received instructions from my doctor to go on a low-sodium diet. As an avid cook, I had no idea how to cook without salt and make food anyone would want to eat. This cookbook helped me

not only get started, but gave me valuable information and tools to start this healthy, new way of life. The introduction was thorough and the recipes are easy to using ordinary ingredients. Hope this helps.

Best no-salt cook book I have ever used. Breads especially are fantastic.

Good recipes but not as interesting as I thought it would be. Somewhat boring.

Love this book, helped me lower my sodium significantly.

Very good, very good taste, more like salt.

The good in this book test delicious

[Download to continue reading...](#)

The No-Salt Cookbook: Reduce or Eliminate Salt Without Sacrificing Flavor Messy Grace: How a Pastor with Gay Parents Learned to Love Others Without Sacrificing Conviction The Lace Wig Bible: How To Style, Care & Maintain Lace Wigs Without Sacrificing Your Natural Hair Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) UltraCalm: A 6-Step Plan to Reduce Stress and Eliminate Anxiety Epsom Salt: The Magic Mineral For - Weight Loss, Eczema, Psoriasis, Gout & Much More! (Yeast Infection, Enema, Acne, Dead Sea Salt, Sea Salt, Magnesium, Natural Hair Care) Salt Lake City, Utah: Including its History, The Utah Museum of Fine Arts, The Salt Lake Temple, The Bonneville Salt Flats, and More American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) The Air Fryer Cookbook: Deep-Fried Flavor Made Easy, Without All the Fat! Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune System ... Immune System, Reduce Inflammation Book 1) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your

Immune ... System, Reduce Inflammation) (Volume 1) What Every Good Lawyer Wants You to Know: An Insider's Guide on How to Reduce Stress, Reduce Costs and Get the Most From Your Lawyer Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Sacrificing the Self: Perspectives on Martyrdom and Religion (AAR the Religions) (AAR The Religions Series) Sacrificing Families: Navigating Laws, Labor, and Love Across Borders Sloan: The COMPLETE Series (Saint Sloan, Saving Sloan, Sacrificing Sloan) Surrender: Appeasing Islam, Sacrificing Freedom

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)