



American Heart Association Eat Less Salt: An Easy Action Plan for Finding and Reducing the Sodium Hidden in Your Diet

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Knock down that sodium--but not the flavor--to decrease your blood pressure and risks for heart attack and stroke. This toolkit, sodium tracker, and cookbook in one gives you solid health information and 60 low-sodium recipes for favorite comfort foods. With the book's step-by-step approach, eating less salt has never been more achievable.

Everyone can benefit from a lower sodium diet: Millions of Americans (including 97 percent of children) consume far more sodium than they need, averaging about 3,400 milligrams of sodium a day, or seven times what the body needs to function. To help you achieve the association's recommended daily sodium intake of 1,500 milligrams, *Eat Less Salt* gives you realistic strategies for cutting back on sodium gradually.

With this book, you'll learn how to:

- Monitor your current sodium intake
- Reduce the high-sodium products in your pantry, refrigerator, and freezer
- Read and understand food labels
- Know which popular foods are "salt traps"
- Keep sodium in check while eating out
- Plan healthy, lower-sodium weekly menus without sacrificing flavor

From the Trade Paperback edition.

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