

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

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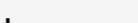
Knock down that sodium--but not the flavor--to decrease your blood pressure and risks for heart attack and stroke. This toolkit, sodium tracker, and cookbook in one gives you solid health information and 60 low-sodium recipes for favorite comfort foods. With the book's step-by-step approach, eating less 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

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