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Low-Sodium Recipes: Decadent Sodium Free, Breakfast, Lunch, Dinner And More (The Easy Recipe)



Synopsis

So what does excessive amounts of sodium do to your body? Sodium is responsible for regulating your blood pressure and the normal function of your health. A regulated blood pressure means a better functioning heart and your organs working together to help you perform closer to your peak. What happens if you consistently consume sodium well above the recommended limit? If you have too much sodium, your blood pressure increases to levels that can start affecting your organs such as your heart, kidneys, and more. You could have an increased chance of a stroke, heart failure, kidney stones, and several other diseases that could start popping up in your later years. The idea of suffering these diseases is quite grim, so weâ™™ consider that a sufficient cautionary tale. Enjoy the sodium-free breakfasts, lunches, dinners and more!

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Customer Reviews

The recipes look excellent, and I am anxious to try many of them.....but....I am concerned that the sodium levels aren't recorded for each dish. That would make it so much easier for my daily meal planning.

This set of recipes look great and I appreciate that household measurements are used rather than metric. However, I would have liked to see an analysis of the amount of sodium each recipe contains. When the claim is made for "sodium-free," it means the product contains no more than 5 milligrams of sodium in each serving. There is nothing shown to back up that claim. The 3 stars are for the variety of recipes but the rating would have been higher if the sodium content was displayed.

Beautiful pictures, easy link table of contents and an assortment of recipes to try. Just downloaded it and checked the formatting as others have complained on Kindles but on my Kindle Fire HDX it is perfect!! Look forward to trying the recipes!

I have a family member with kidney disease who is on a low sodium diet. I am always looking for new healthier recipes and am looking forward to trying some of these.

This book is fine if you view it on your PC. It does not format on the kindle. As soon as you get to a picture, the picture repeats continually.

I have tried a couple of these and they turned out well. Low sodium recipes really don't need to be tasteless. The book provides some ideas for making food still taste good without loads of salt.

The recipe for the guacamole was missing. There was a pic and part of a description, but no recipe on the next page; instead, just the next recipe for hot cross buns.

Very informative and easy to understand. Good book for older people seniors to comprehend also. Recipes tasted great for my clients at work.

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