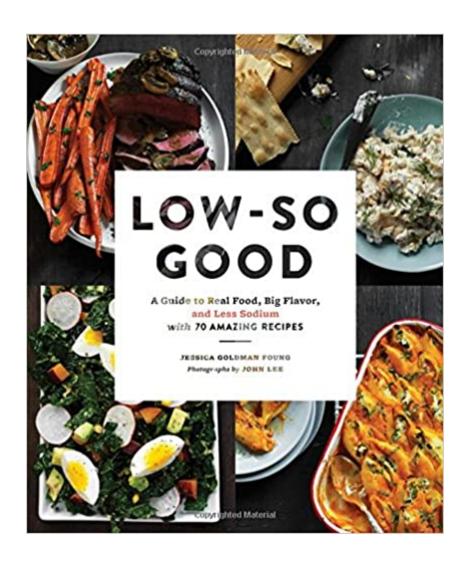


## The book was found

# Low-So Good: A Guide To Real Food, Big Flavor, And Less Sodium With 70 Amazing Recipes





# **Synopsis**

Hundreds of millions of people live with medical conditions that require lowering sodium intake  $\tilde{A}$  ¢  $\hat{a}$  •heart disease, hypertension, kidney disease, and diabetes, to name a few  $\tilde{A}$ ¢  $\hat{a}$  •and research shows most of us would be healthier if we consumed less salt. What could be a challenge becomes an opportunity in Low-So Good, a beautifully photographed guide about living a rich life with a low-sodium diet. Featuring signature swaps, a seven-day Taste Bud Reboot, a transformation workbook, 70+ recipes for much-loved food (including fries, cake, and dips), and chapters filled with advice for every part of life, Low-So Good, is an indispensable tool for living well with less sodium. And with a focus on fresh ingredients and creative cooking, Low-So Good will empower anyone with any special diet to live well beyond their restrictions.

### **Book Information**

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Food & Wine > Special Diet > Low Salt

#### **Customer Reviews**

Jessica Goldman Foung is a food writer, blogger, and spokesperson for the National Kidney Foundation. She lives in San Francisco.

I love how accessible the author makes this information. I find that everything health/food related can often feel overwhelming but she breaks it all down in such an inspiring and digestible way. Beautiful photography, great stories and delicious recipes in this book. Definitely going to gift this book to others as well!

Fabulous pictures and tips for getting started on a lower sodium diet. I especially love the "mental game' sections that help you overcome hurdles that might get in the way of you sticking with your

newer and healthier lifestyle. The author's sense of humor is a breath of fresh air too!Anyone who has ever been told to limit their sodium intake needs to read this book - and make some of the delicious recipes! You won't be disappointed.

This is an incredible guidebook to living a healthy, low-sodium and delightful lifestyle. The author marries personal stories and deep knowledge of the science behind food flavors, and sodium volumes. Tons of useful knowledge that provide learnings for anyone from the beginner cook to seasoned chef. The authors passion, humor and zest for life shine through the pages and you get the sense you have a personal diet cheerleader and support system. Highly recommend this book for anyone trying to abide to a new diet, or just anyone interested in changing their relationship with food for the better!! Her first book, Sodiumgirl's Limitless Low-Sodium Cookbook, is a perfect compliment with even more recipes!!!

this book is soooo encouraging. I had a health crisis this summer and had to radically change my diet. Jessica has a great attitude and is really encouraging, she has a great approach to healthy eating.

I recently had to change to a low sodium diet. This cookbook has been great. The recipes are so good and the sodium education information in the beginning is easy to read and understand. This is my go to cookbook now and I'm very glad I bought it!

Lots more than a cook book. Many healthy ideas. Glad we purchased.

I purchased this cookbook because I was looking for healthy, delicious, low sodium recipes for my husband and three children. Sodium (and sugar) are everywhere so when I can control the amounts my family eats while still providing delicious foods, I jumped on it. These recipes do not disappoint! I was impressed by the range of choices and the simplicity of the prep. Excited to try all of them!!!!

Low-So Good's stuffed with easy tips that have look gourmet and taste great alongside tricks to healthy, family-friendly recipes, entertaining guides and gorgeous visuals celebrating the beauty of eating and living well.

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