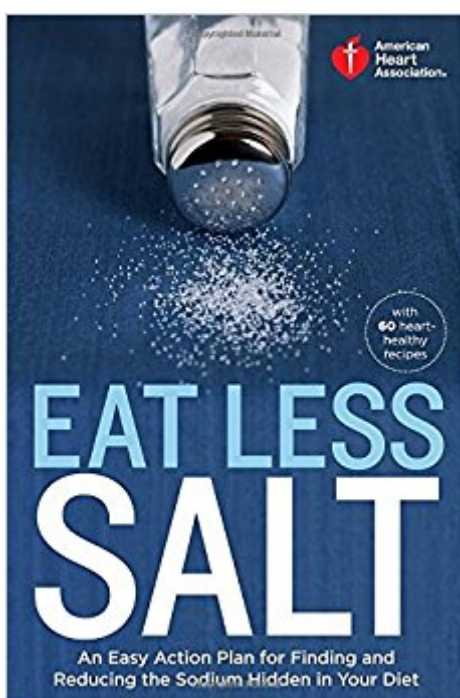


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# American Heart Association Eat Less Salt: An Easy Action Plan For Finding And Reducing The Sodium Hidden In Your Diet



## Synopsis

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

## Book Information

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## Customer Reviews

Q&A for Eat Less Salt Q. Isn't some sodium good for you? A. Yes, our bodies do need some sodium, but not nearly the amount most of us consume each day. Most people need only about 500 mg of sodium a day for their bodies to function properly. Q. How much sodium is too much? A. The American Heart Association recommends that everyone eat less than 1,500 milligrams (mg) of

sodium a day, so any more than that is considered too much. Currently, most Americans consume an average of 3,400 mg per day—more than double the recommendation for good heart health. Q. What are the consequences of eating too much sodium? A. The more sodium you take in, the higher your blood pressure is likely to be. If you have high blood pressure, you are at much higher risk for heart attack, stroke, and other cardiovascular diseases. The effects of high blood pressure can have deadly consequences, especially if left untreated. The bottom line is: too much sodium = higher blood pressure = higher risk of disease and disability. Q. Aren't I too young to worry about sodium? A. Everyone, regardless of age, needs to be mindful of his or her sodium intake. Eating a high-sodium diet is a major cause of high blood pressure, and although blood pressure usually increases as we age, youth is not a guaranteed antidote—even babies can have high blood pressure. The incidence of this disease in children and young people is increasing, with serious health consequences. Most incidences of high blood pressure in teens and young adults are preventable, because they usually result from an unhealthy lifestyle, including a diet that is too high in sodium. Q. Where does most of the sodium in our diets come from? A. The vast majority of the sodium we eat—slightly more than 75 percent—comes from processed foods, including restaurant foods. Q. I don't put salt on my food, so I'm probably eating low-sodium anyway, right? A. Probably not. Only 6 percent of the sodium we consume comes from the salt we add to our food at the table and even less than that—5 percent—comes from the salt we add when cooking at home. Q. I often eat at restaurants when traveling for business. How do I watch my sodium when dining out? A. In *Eat Less Salt*, you'll learn several strategies to better control your sodium intake while dining out, including rethinking your choices to find menu items and add-ons (like cheese) that you can do without, replacing high-sodium dishes with lower-sodium alternatives, and reducing the amount of food you eat. Q. I buy healthy foods and cook well-balanced meals for my family almost every night, so can I assume that we are eating a lower-sodium diet? A. Not necessarily. If you use any processed or packaged foods—even if they are considered "healthy"—such as canned beans or vegetables or whole grains such as rice or cereals—you probably are eating a lot more sodium than you realize. Until you check the sodium in the foods you buy, you really don't know how much sodium you and your family are consuming. *Eat Less Salt* dedicates an entire chapter to targeting high-sodium foods at home and provides strategies to reduce sodium in the kitchen. Q. What are some popular foods that are particularly high in sodium? A. According to data from the Centers for Disease Control and Prevention (CDC), more than 40 percent of the sodium in the average American diet comes from only 10 types of food: breads and rolls, cold cuts and cured meats, pizza, fresh and processed chicken and turkey, soups, sandwiches—including burgers,

cheese, pasta dishes with sauce, mixed meat dishes (such as meatloaf with sauce), and snacks (chips, pretzels, popcorn, etc.). Q. What kinds of recipes can I expect to find in the book? A. Eat Less Salt offers more than 60 recipes. They include lower-sodium versions of take-out favorites like beef and broccoli, hot-and-sour soup, chicken nuggets, and pizza; classic comfort foods such as country-fried chicken, lasagna, chili, chicken potpie, potato salad, and green bean casserole; as well as popular restaurant dishes including tortilla soup, pad Thai, enchiladas, and chicken Parmesan!

"For 60 recipe ideas and a wealth of information about sodium and health, see the new book Eat Less Salt by the American Heart Association." --Jane E. Brody, NYTimes.com  
"To help you reduce the amount of sodium you consume from processed foods, the AHA has published a new book, Eat Less Salt, with plenty of tips and tricks." -BostonGlobe.com  
"Check out the AHA's Eat Less Salt book if you really want to get serious about [cutting your sodium intake]." --Huffington Post

You can line your favorite foods up on the fence and shoot them down, one after the other. Too much fat, too much sugar, the wrong kind of protein, the high-spiking carbs and what's left? Oh, yeah, too much salt. After I gave up tobacco and alcohol I thought I was entitled to enjoy the blessings of my sacrifices. But no. Now what? Hypertension, that's what. Whoo-dathunk? Now I got to give up my potato chips, barbecue and even my Lean Cuisine for crying out loud. Oh the world is rich with gorgeous irresistible temptresses concealing deadly weapons plotting my demise. I thought if I stayed away from the wrong side of town and avoided retired high school teachers with stinky motor homes I was safe. It seemed OK to visit the corner grocery store. Wrong! Once you're in the store you have to prowl the aisles with your magnifying glass and read the nutrition facts label on every can and jar that the Mad Men of marketing have laid out like so many land mines. There are a few treasures left. They have sodium less than 120mg per serving. A little is necessary and good. Too much is deadly. Moderation in all things I tell you! And where is my friend, my guide, my true companion? My heart's defender? Could it be the American Heart Association. It could! In this little blue book is the way to find the better choices and answer the recurring question "What should I eat?". It's even got recipes! Don't just throw something frozen into the microwave. It isn't that hard to do better. Now it's my new hobby. The hunter gatherer and microwaver is becoming more discerning, better informed and even flaunting better form.

This is an excellent book especially for those beginning to deal with a low sodium lifestyle. I wish I had had such a resource 12 years ago when I started. Part I is up-to-date information on sodium

and its affects on our health. Part II helps layout "strategies" for living a slow sodium lifestyle. Part III provides recipes with nutrition information per serving. The 60 recipes are a good starting point for anyone. Part IV is called the "Toolkit" with resources to help get a low sodium life style started. There are two indexes for general information and the recipes. A worthwhile first book purchase!

My dad was diagnosed with congestive heart failure and A-FIB in October 2013. This book has given him back all of his favorite foods without sacrificing flavor. It's wonderful how this book really focuses on the consumer. I don't know why we ever bought anything pre-prepared. It's easy to do and more flavorful!

I love this book! I had NO idea there were so many hidden sources of sodium in the things I'd been eating everyday. This book gives you alternatives so you can make intelligent decisions when planning your daily menus. I had been doing so many things wrong. This book gives you the tools to do things right for your health and lower your blood pressure in the process.

This is an easy read, but for thise of us on a sodium restricted diet it's nothing new your doctor didn't say. That said if the doctor didn't do a good job, this has the basics on how and why it's a good idea to decrease your sodium. There are a few recipes but just not enough to find what you want. Also they still include adding salt in most recipes, not a lot, but I've found you can just remove it altogether, so why bother?

Very helpful. I was able to use to watch my sodium.

Eye opening as to foods that contain sodium that you would never expect

I bought this to help with my blood pressure. I find that it is helping me to become more aware of the hidden salt content in many foods. It is readable and easy to understand and implement. I am sure it will help me in my quest to lower my blood pressure.

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