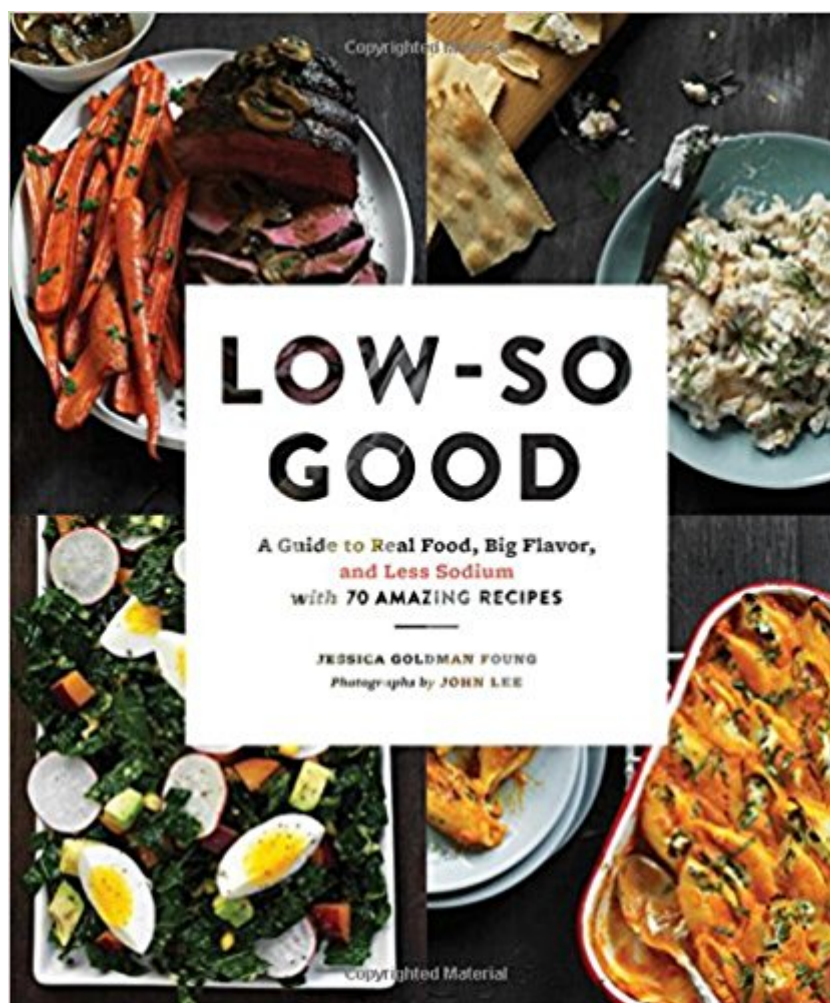


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# Low-So Good: A Guide To Real Food, Big Flavor, And Less Sodium With 70 Amazing Recipes



## Synopsis

Hundreds of millions of people live with medical conditions that require lowering sodium intake—heart disease, hypertension, kidney disease, and diabetes, to name a few—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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## Customer Reviews

Jessica Goldman Fong 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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Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium Recipes (Low Salt

Diet) (Low Salt Cooking Book 1) Low-So Good: A Guide to Real Food, Big Flavor, and Less Sodium with 70 Amazing Recipes Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium and No-Sodium Recipes Using Flavorful Spice Blends Low-Sodium Recipes: Decadent Sodium Free, Breakfast, Lunch, Dinner and More (The Easy Recipe) Babushka: Russian Recipes from a Real Russian Grandma: Real Russian Food & Ukrainian Food (Russian food, Russian recipes, Ukrainian food, Polish recipes) 500 Low Sodium Recipes: Lose the salt, not the flavor in meals the whole family will love Sodium Girl's Limitless Low-Sodium Cookbook Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

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