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Titolo	The complete idiot's guide to low-sodium meals // Shelly Vaughan James, Heidi McIndoo ; [edited by] Mike Sanders, Christy Wagner, Megan Douglass
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Sommario/riassunto	<p>For those 65 million Americans who suffer from hypertension, as well as everyone else who has to or wants to curb their sodium intake, preparing meals that are both tasty and nutritionally responsible can prove to be very difficult. Throw in the culinary preferences of other family members, and finding meals everyone will enjoy can be as painful as adding salt to a wound, right . . . ? Not anymore. The Complete Idiot's Guide to Low-Sodium Meals offers readers more than 250 delicious recipes the whole family can get excited about. From appetizers to desserts and everything in between, this book focuses on the everyday kinds of recipes families have grown to love and can put together with simple and flavourful salt substitutes. Readers might not see that hard-to-find recipe for carrot soup with leek and blood orange, but they will discover lots of delicious and easy-to-prepare, low-sodium recipes.</p>