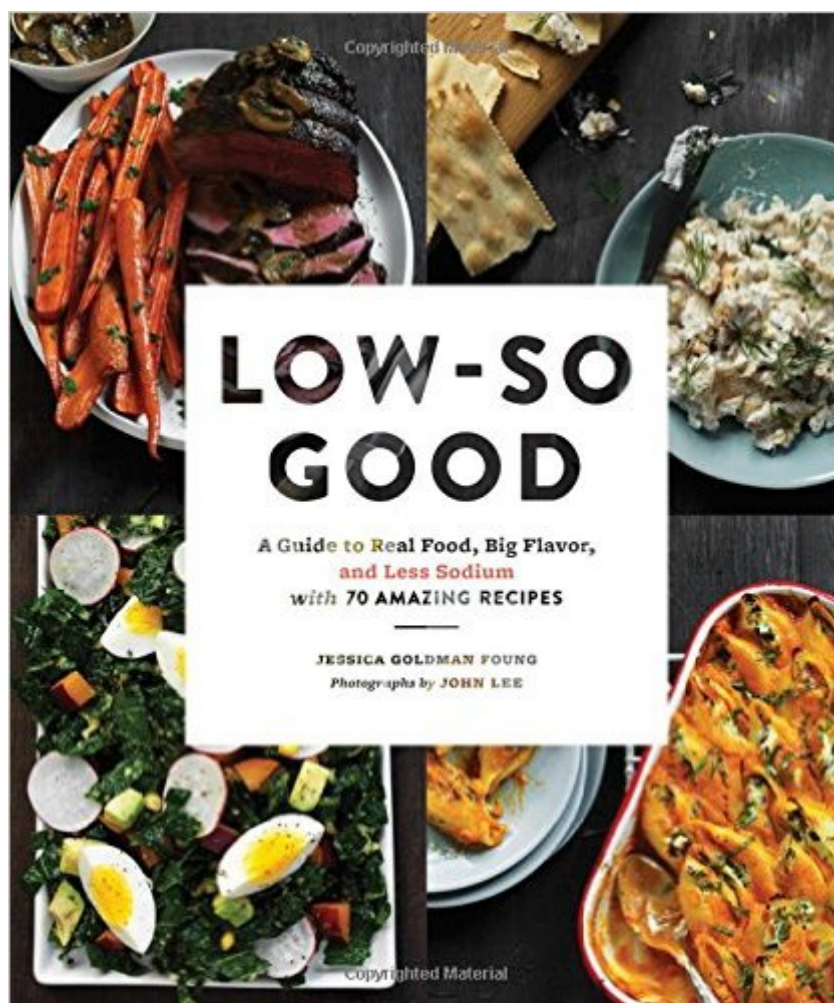


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# Low-So Good: A Guide To Real Food, Big Flavor, And Less Sodium With 70 Amazing Recipes



## 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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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #424,968 in Books (See Top 100 in Books) #91 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#)

## Customer Reviews

I'm giving 3 stars because I have no use for more than half of the book. I am an experienced cook, so don't need all the tips that a novice might find useful, and have been following and cooking a low sodium diet for many years and have a pretty good handle on it, so all I really wanted was recipes. I would have given a higher rating if there were more of them taking up space in this fairly large book (272 pages and only 70 recipes). I also don't care for the ingredient list printed in light colored ink. I'm finding it hard to read. I will say however, many of the recipes look quite good.

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!!!

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.

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!

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!!!!

Another gorgeous, inspiring and extremely helpful book from Jessica Goldman Fount. Filled with scrumptious recipes, sweet stories, invaluable practical advice and lovely photos, Low So Good makes it easy to want to (and actually manage to) eat and live healthy. A must-have for anyone who wants to cut salt from their diet, or just add flavor in innovative ways.

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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