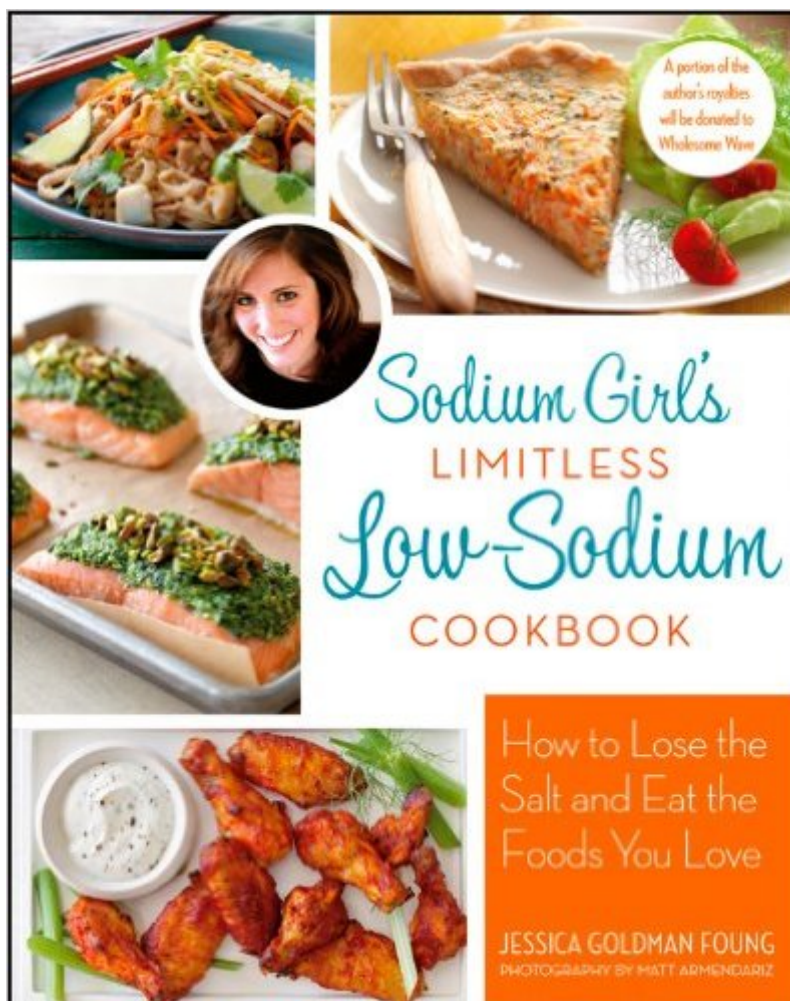


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# Sodium Girl's Limitless Low-Sodium Cookbook



## Synopsis

The essential cookbook for anyone who follows a low-sodium diet (and enjoys throwing dinner parties) Millions of people live with hypertension or chronic kidney disease, and for them, eating a diet low in sodium is a vital part of maintaining good health. And, on average, Americans consume more than double the lower recommended daily intake. Unfortunately, there just aren't enough great low-sodium cookbooks that offer the kind of dishes that home cooks want. But not any more! In *Sodium Girl's Limitless Low-Sodium Cookbook*, Jessica Goldman Fong, the blogger behind [SodiumGirl.com](http://SodiumGirl.com), presents an enticing collection of recipes that bring color and excitement to a low-sodium diet. With creative substitutions, Fong shows people how to lose the salt and keep the foods they love. With this vibrant cookbook, eating great and staying healthy are one in the same, proving low-sodium can be a delight and not just a doctor's orders. Includes delicious recipes for low-sodium meals of all kinds, including the traditionally salty foods you love most, like bloody marys and buffalo wings. Features gorgeous full-color photographs by popular blogger and photographer Matt Armendariz. Features recipe contributions from several world-renowned chefs, including Hubert Keller and Trace Des Jardins. Offers helpful information on dining out, traveling, and stocking a low-sodium pantry. Whether you've just been diagnosed with a condition that demands a low-sodium diet, or you just want to maintain a healthy lifestyle, *Sodium Girl's Limitless Low-Sodium Cookbook* is the perfect resource for your low-sodium kitchen!

## Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (82 customer reviews)

Best Sellers Rank: #94,042 in Books (See Top 100 in Books) #27 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#)

## Customer Reviews

I received my copy of *Sodium Girl's Limitless Low-Sodium Cookbook* today. I was reading it walking home. It was hard to eat my lunch for reading this treasure. My diet needs to be low sodium due to

Meniere's Disease which has had me clinging to a building calling someone to come get me, a consequence of severe vertigo. Not wanting to continue having incapacitating vertigo and not able to tolerate the diuretic medication, I reluctantly --- kicking and screaming-- since I am a salt lover, embarked on cooking all my food with a low sodium aim of 500 - 1000 mg of sodium. I continued in a contrary cranky mode until I discovered the Sodium Girl Blog. Her positive enthusiastic delight saved my attitude. I am still learning and adjusting my attitude after 6 months of low sodium cooking, but without this blog I would not have lasted. The book expands on the first thing to change: your perspective. Showing how she did it with specific examples of ways to think about cooking without salt, she comes up with clever metaphors such as "The Little Black Dress Theory." She gives directions for adjusting existing recipes, for dealing with friends, family--dating even, for eating out. This last one is a fun saver. I have swung from not eating out at all to going out and taking my own food, to calling ahead and knowing what to ask for and how to ask for what I want and need thanks to Sodium Girl's sound counsel. Then there are the recipes. The word that comes to mind is sexy food. What about "Balsamic Blueberry steak sauce," "Pad Thai," "Rugosa Butternut Squash Ravioli," "Saffron Lemon Broth." Limitless fun with food is her operating principle. Her chatty, witty writing style also delights and comforts.

I have been living with a low sodium diet for four years, and I have invested a lot of time in researching low sodium recipes and cookbooks. Generally speaking, most low-sodium recipes are terrible-to-okay, and few are the product of authors with a serious interest in making food taste great. Many low-sodium recipes are designed for utility over flavor. Jessica Goldman Fong's "Sodium Girl's Limitless Low-Sodium Cookbook" is first and foremost a book for foodies. Rather than approach a low sodium diet as a medical problem, it views it instead as a cooking challenge. And the result is extraordinary. I've already made four recipes from this book and the author's blog, and each one has been a tremendous success. I can't say the same for a number of other low-sodium cookbooks. If you are on a low sodium diet and love food, this is definitely going to raise your quality of life significantly. My only criticism is that cooking food as great as the recipes in the book requires a higher level of complexity and investment in time. It took me nearly four hours to make a complete meal from two of the recipes (Mac and Peas and Buffalo Wings). Largely, these are weekend cooking projects and not meals you'd whip up after work. I'd challenge the author to consider a "Quick Meals" version of the book.

I was excited when Jessica started promoting her book on her blog and when it was released I

bought a copy right away and began to cook from it. I was new to low sodium cooking, brought on my husband's heart problems, but I was not an inexperienced cook. I've taught classes locally and grew up under a great cook. But low sodium cooking presents a very particular set of problems; salt provides not just flavor in spades, but it also does particular chemical jobs in recipes. This means you can't always just set aside salt in a recipe with a facile substitute. I hoped for both the creativity I saw in her blog and more depth and in particular some approach to recipes that use salt not only for flavor but for its chemical nature (the most common example of this is bread). Unfortunately, while I got Jessica's charmingly ebullient personality and approach, what I did not get was recipes. The book feels short in several ways. First, there were very few recipes in it. Without the fluff and multiple photos (attractive but they don't add a lot to cooking itself) it was a mere pamphlet of a cookbook. Next, there were few recipes that tackled the use of salt as chemical. In the case of bread there is one recipe for butter rolls, and one recipe for savory pancakes that would not be useful for the traditional American breakfast pancake. And worse and worse, the recipes that I did try and (I tried quite a few) all bombed. The flavors didn't work and often the textures were off. A classic example was Mama's Enchiladas Casserole which turned into a green, bland mush. If you need a low sodium cookbook to get you through your daily life and you don't have time to waste cooking things that won't work, this is not the book for you. Try one of Dick Logue's two 500 recipe low sodium cookbooks instead.

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[http://www..com/500-15-Minute-Low-Sodium-Recipes-ebook/dp/B008SBBGE2/ref=sr\\_1\\_1?ie=UTF8&qid=1408296361&sr=8-1&keywords=dick+logue](http://www..com/500-15-Minute-Low-Sodium-Recipes-ebook/dp/B008SBBGE2/ref=sr_1_1?ie=UTF8&qid=1408296361&sr=8-1&keywords=dick+logue) I've cooked from both of these and they work every time. You might ask why I waited so long to post a review. First, I don't often post reviews, but second, Jessica's blog is now touting a new cookbook. So I hope by being honest about this first book, I can either convince her to do a better job having recipes that work or convince you to skip her books altogether. It took too long for me to cook enough recipes in this book to warn off buyers of it, but maybe this review will save a few people who desperately need to know that good, easy to make low sodium recipes do exist. And I remember clearly my own desperation when I needed to make this huge change in my cooking and I found myself facing a sea of sodium. It would have been easy to throw up my hands in despair and return to my old way of cooking. If her book had been my first low sodium cookbook, I would have been much more likely to do that.

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