



Cooking Without a Grain of Salt

Elma W. Bagg, Susan Bagg Todd, Robert Ely Bagg

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Putting down the saltshaker is just the first step....

Experts agree that a low-sodium diet can decrease the risk of heart disease, migraines, diabetes, and osteoporosis.

But to significantly reduce the salt in your diet, you must learn how to spot the *hidden* sodium in frozen foods, canned goods, and popular recipes.

Fully revised and updated using the latest medical research, **Cooking Without a Grain of Salt** is a nutrition guide and cookbook all in one. It's filled with useful tips on how to limit sodium without sacrificing flavor-- as well as savory recipes that will help you put your healthy, low-salt lifestyle into action.

From Stuffed Mushrooms and Double Corn Biscuits to Pork Medallions in Pesto, Grilled Tuna with Salsa, and Pasta Primavera, **Cooking Without a Grain of Salt** lets you enjoy all the dishes you love while forming healthy eating habits for years to come..

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