

Low Sodium (Salt) Eating Resources

Cookbooks

- American Heart Association. ***The American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in your Diet.*** Clarkson Potter, 2006.
- Jamal K. ***HeartSmart Flavours of India.*** Douglas and McIntyre, 2003.
- Lindsay A. ***The New Lighthearted Cookbook: Recipes for Heart Healthy Cooking.*** H. B. Fenn & Company, 2005.
- Lindsay A. ***Anne Lindsay's Lighthearted Everyday Cooking: Fabulous Food for a Healthy Heart.*** John Wiley & Sons Canada, 2004.
- Lindsay A. ***The Everyday Low-Fat Cookbook.*** Grub Street, 2003.
- Lindsay A. ***Anne Lindsay's Light Kitchen.*** John Wiley & Sons Canada, 2002.
- Stern B. ***HeartSmart: the Best of Heartsmart Cooking.*** Random House of Canada, 2006.
- Stern B. ***Heartsmart Cooking for Family and Friends: Great Recipes, Menus and Ideas for Casual Entertaining.*** Random House Canada, 2000.
- Wong S. ***HeartSmart Chinese Cooking.*** Douglas and McIntyre, 1996.

These cookbooks are recommended for recipes and flavouring ideas, not as replacements for your diet guidelines.



Additional Resources

- Heart and Stroke Foundation of Canada. www.heartandstroke.ca. Provides useful heart health information, as well as low sodium, heart healthy recipes.
Call 1-888-473-4636
- American Heart Association. www.americanheart.org Contains information on AHA Cookbooks, as well as other useful heart health information.
- Canadian Nutrient File 2005. <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>
A searchable database that gives the nutrient composition of foods commonly consumed in Canada.

This information is not meant to replace advice from your medical doctor or individual counseling with a registered dietitian. It is intended for educational and informational purposes only.

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Notes

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