



The No-Salt, Lowest-Sodium Light Meals Book

Donald A. Gazzaniga, Maureen A. Gazzaniga

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In 1997, Don Gazzaniga was diagnosed with congestive heart failure. His doctor was ready to sign him up for a heart transplant. Don responded by creating a large selection of recipes that never went above five hundred milligrams of sodium a day. That's all! And the recipes were delicious.

The No-Salt, Lowest Sodium Light Meals Book contains Don's and Maureen's recipes for lighter fare: soups, salads and dressings, and sandwiches. It provides a wide array of choices for those who want to dramatically lower their sodium intake without losing taste.

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