



Low-So Good: A Guide to Real Food, Big Flavor, and Less Sodium with 70 Amazing Recipes

Jessica Goldman Fong

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Hundreds of millions of people live with medical conditions that require they lower their 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 book about living a rich life with a low-sodium diet. With 70 recipes for much-loved food (including fries, cake, and dips) and chapters filled with information about how to entertain, dine out, travel, and create a supportive community, *Low-So Good* empowers anyone to become an expert at living well with less salt.

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