

500 Low Sodium Recipes by Dick Logue

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The *2010 Dietary Guidelines for Americans* supports the idea that we all consume too much sodium in our diets and some of us, especially, need to cut back for better health. In *500 Low Sodium Recipes* the author discusses sodium, where it is found in our diets, and how to lower it in recipes. As this book was written in 2007 before the *2010 Dietary Guidelines for Americans* was completed, it does not include the latest information and recommendations concerning dietary sodium and hypertension such as the fact that Americans should reduce their sodium intake to less than 2,300 milligrams (mg) or 1,500 mg per day depending on their age and other individual characteristics. So the reader should refer to the *2010 Dietary Guidelines for Americans* (2010) for the most current and accurate information.

The author does not claim to be a health professional however he does have personal experience in learning to follow a low sodium diet of no more than 1,200 mg of sodium per day. He has developed or modified at least 500 recipes to create low sodium versions. He includes a nutritional analysis of each recipe that is very helpful and also includes food purchasing and preparation tips. His recipe creations include low-sodium spice blends and seasonings such as taco seasoning mix, some condiments and sauces such as soy sauce, condensed soup such as cream of mushroom soup, and other products that are not generally available in low-sodium versions.

I recommend this book to all who have to follow a low sodium diet or who just want to cut back on their sodium intake. This book is also helpful for anyone looking for information on making or finding low sodium-cooking and baking products. The author also has gone so far as to develop a newsletter that he emails and a website at www.lowsodiumcooking.com where he shares recipes and additional information.