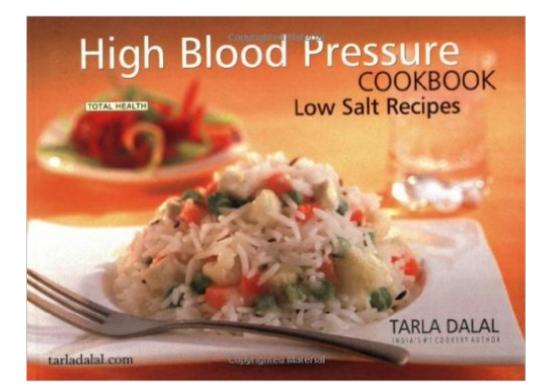
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# High Blood Pressure Cook Book/Low Salt Recipes





## Synopsis

The recipes in this book have been designed to use minimum salt yet retaining it's taste and flavour.Comprising of breakfast,soups,salads,rotis,subzis,dals,rice,international desserts and accompaniments,the recipes use low sodium ingresients,limited amount of oil and are devoid of high sodium processed foods.

### **Book Information**

Paperback: 102 pages Publisher: Sanjay & Co/Mumbai/India (January 12, 2008) Language: English ISBN-10: 8189491326 ISBN-13: 978-8189491321 Product Dimensions: 6.5 x 4.6 inches Shipping Weight: 3.2 ounces Average Customer Review: 4.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #746,505 in Books (See Top 100 in Books) #54 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure #8576 in Books > Cookbooks, Food & Wine > Special Diet

#### **Customer Reviews**

This is the best book I ever saw for anybody not just with HBP but who understanding how much healthier we are when we simply cut back even a little on our often over-salted eats.Claudia Strasbaugh

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