

Download The No Salt Lowest Sodium Cookbook

Megaheart has helped thousands of heart and other patients to reverse their disease and live a stronger healthier life. Megaheart provides no salt, low sodium recipes for heart failure, hypertension, meniere's low sodium recipes."The original No Salt, Lowest Sodium Cookbooks That Helped Change the Treatment of CHF"per day. However, some people— African Americans, middle-aged and older adults, and people with high blood pressure and cardiovascular problems — need less and should limit sodium to 1,500 mg per day. At the same time, limit your intake of cholesterol from food to less than 300 mg per day. People with high LDL (bad) blood cholesterol levels or who are taking cholesterol medication should ...Low Sodium Tater Tot Hotdish I'm a Minnesotan, so if there is a dish at all that we are experts in, it's Hot Dish. Some people may call it casserole (you are WRONG!), but I digress. It is the staple of all church basement meetings and socials. The star of potlucks. The Diva of neighborhood...Read More »