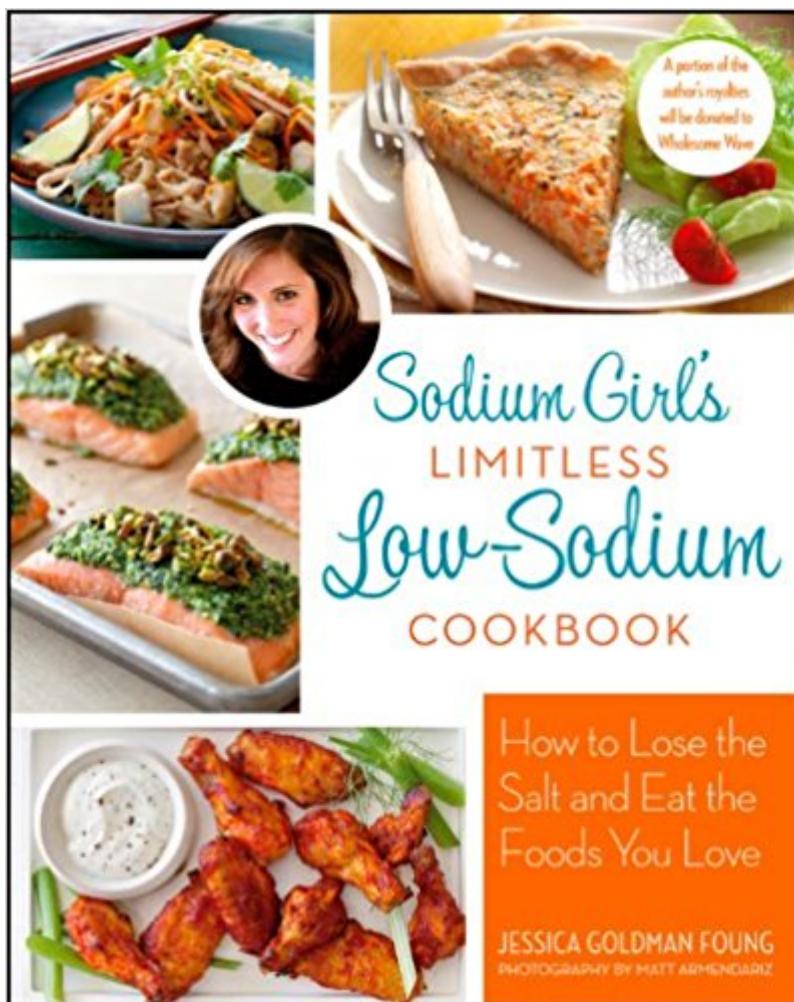


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# Sodium Girl's Limitless Low-Sodium Cookbook



## Synopsis

The essential cookbook for anyone who follows a low-sodium diet (and enjoys throwing dinner parties) Millions of people live with hypertension or chronic kidney disease, and for them, eating a diet low in sodium is a vital part of maintaining good health. And, on average, Americans consumer more than double the lower recommended daily intake. Unfortunately, there just aren't enough great low-sodium cookbooks that offer the kind of dishes that home cooks want. But not any more! In Sodium Girl's Limitless Low-Sodium Cookbook, Jessica Goldman Foubert, the blogger behind SodiumGirl.com, presents an enticing collection of recipes that bring color and excitement to a low-sodium diet. With creative substitutions, Foubert shows people how to lose the salt and keep the foods they love. With this vibrant cookbook, eating great and staying healthy are one in the same, proving low-sodium can be a delight and not just a doctor's orders. Includes delicious recipes for low-sodium meals of all kinds, including the traditionally salty foods you love most, like bloody marys and buffalo wings. Features gorgeous full-color photographs by popular blogger and photographer Matt Armendariz. Features recipe contributions from several world-renowned chefs, including Hubert Keller and Trace Des Jardins. Offers helpful information on dining out, traveling, and stocking a low-sodium pantry. Whether you've just been diagnosed with a condition that demands a low-sodium diet, or you just want to maintain a healthy lifestyle, Sodium Girl's Limitless Low-Sodium Cookbook is the perfect resource for your low-sodium kitchen!

## Book Information

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## Customer Reviews

Featured Recipes from Sodium Girl's Limitless Low-Sodium Cookbook [Click here for the recipe for Grapefruit Avocado Salad \[PDF\]](#) [Click here for the recipe for Chicken Wraps with Plum Sauce](#)

[PDF] [Click here for the recipe for Coconut Dream Bars \[PDF\]](#)

"Jessica Goldman Foug is a role model for the kidney community and anyone with a chronic illness. Instead of getting depressed when Jessica got her diagnosis, she got busy. Learning to cook and making low-sodium dishes tasty wasn't easy, but she took it up as a challenge. Her positive can-do attitude shows those with kidney disease, their families, and the professionals who care for them that they are people first and patients second. Jessica understands that learning as much as you can about the condition and special diet ultimately puts you in the driver's seat and in control of your own health. Her book is breezy and fun to read with mouthwatering recipes that give everyone a taste of what's possible when you believe that healthy can be delicious too." *Ellie Schlam, VP of Communications, National Kidney Foundation*  
Enjoy your favorite foods...without all the salt! For the millions of people on low-sodium diets, food options can seem downright dull. But not anymore! In *Sodium Girl's Limitless Low-Sodium Cookbook*, Jessica Goldman Foug—the blogger behind [SodiumGirl.com](http://SodiumGirl.com)—presents an enticing collection of recipes that add color, flavor, and excitement to low-sodium cooking. With creative substitutions and simple cooking techniques, Jessica shows you how to lose the salt while keeping the foods you love and create low-sodium meals worth sharing with others. You'll find amazingly flavorful low-sodium recipes for all your favorite salty foods, and even a drink here and there (Bloody Mary anyone?). With Homemade Chorizo Patties for breakfast, Buffalo Wings on game day, Quick Kimchi for dinner, and decadent desserts like Angel Food Cake, cutting out the salt won't feel like a sacrifice at all. And in addition to these super-tasty recipes, the book features helpful tips on dining out, eating while traveling, and stocking your pantry—all essential information for anyone just starting a low-sodium lifestyle. With *Sodium Girl's Limitless Low-Sodium Cookbook*, you'll discover how empowering it is to take your health into your own hands; how to cook what's both good and good for you; and that eating great and staying healthy can truly be one and the same. "There is no better champion and guide for those starting a low-sodium diet than Jess Goldman Foug. Her book is so much more than just a collection of great low-sodium recipes; although it is that too. It's the account, narrated with wit and warmth, of a woman with the pluck to wholeheartedly embrace a new way of life, and the generosity to share her highs and lows." *Merrill Stubbs, Cofounder of Food52*

I got this for a friend who was recently diagnosed with kidney failure. After trying a few recipes on the website, thought that the book would be a help. AND BOY IS IT!! The guides for how to eat out,

what to look for, ways to be creative without salt PLUS the beginning with the journey and questions one asks is totally worth it. I liked it so much I brought it to work to share with another and she bought two, one for herself and one for her sister whose husband has a kidney replacement. I am very happy with the book and the friend who needs it is over the moon with joy. He is within reach of getting off the transplant list.

This book arrived today and I have basically read through it front to back (unusual for a cookbook, I know) and I can say it was the first cookbook that has made me cry. I recently found out that I have to cut a drastic amount of salt from my diet for an underlying chronic kidney condition, and Jessica's words in the substantial Introduction resonated deeply. I needed someone to tell me I was going to be able to continue my love for cooking, and to spend these next few months pampering myself in the kitchen. I will say: this is not a cookbook for someone that wants to whip together a meal in 10 minutes. But that's what I love so much about it! Other low sodium and kidney condition cookbooks I've seen have been really boring and call for canned peaches and other stuff and have been very meat-centric, or emphasize convenience with dishes that just do not sound appealing to me at all. I eat meat but I certainly don't consider it the main star in any of my dishes, so I really appreciate Jessica's attentiveness to the whole array of tastes available. There are pretty unusual ingredients (nori, mace, etc.), but this to me is the charm and excitement of learning how to make a restricted diet feel like an endless possibility instead. I've cleared my deck to make several of the dishes in this cookbook today-- including the pickled fennel, the umami broth, the balsamic blueberry steak sauce, the quinoa meatballs, and the quinoa truffles. I'll report back with results and photos!

Are you kidding? No nutritional analysis provided on any recipe? Unbelievable. So, read a recipe; it sounds like it may be good. You have to research every ingredient, then calculate a per-serving total. Just to know the total or whether one serving has 20mg or 2,000 mg. Many of the recipes seem a little 'out there'..

I've been on a low sodium diet for 4 years now and thought this cookbook would be a great purchase to help end the constant battle of trying to figure out what to cook. The cookbook has some good ideas, but the average person wouldn't cook some of these things. I've found its easier to find recipes of items you like and then try to mend them to be lower in sodium by changing the ingredients and products you use is much easier. The cookbook does have nice photos and is of quality.

I was excited to get this book as I loved reading the author's blog. She definitely is a writer. Unfortunately I'm a bit disappointed so far. I'm an experienced cook and I've started cooking low-sodium meals 2 years ago. I've reached the point where I can now turn a normal recipe into a low-sodium one by omitting the salt, replacing it with vinegar, skip whatever ingredients are too heavy in sodium, and add more flavor using herbs and/or spices. I've only tried 3 recipes so far and have to go on to give the book a chance but I wanted to start leaving a review before updating it. I've tried:- the carrot creme fraîche quiche: a disaster. It's an easy one, right? You make the dough, pre-bake it, fill it and put it back in the oven. I knew while making the recipe that this would be very bland and I was right. The dough was terrible. Its texture was too crumbly and it really tasted too much like pure flour. I ended up removing the crust from the pie to be able to eat it. My husband felt the same. The next day, though, the few elements of flavor in the filling started to develop a bit. But that's way too late for a quiche.- the Bloody Mary made with beets: actually very good. The idea is nice: do not look for the exact taste of a Bloody Mary but replace ingredients by a creative new list. It turned out to be ...a nice cold borsch, except that it lacked sour cream or anything oily to my taste.- the tofunnaise: it worked well in sandwiches we made on a trip. I wouldn't use it as a mayo substitute in a salad but it worked well as a sauce between 2 slices of LS bread and plenty of vegetables and herbs. I feel the recipe in the book is a draft. Now I have to work on the flavors, adding things until I find the right texture and taste. There are a lot of recipes in this book using meat or seafood. If you are a vegetarian like me, or also on a low-protein diet like my husband, it is also a problem. But there are some recipes I want to try. The book is also a good source of tips, on how to eat out, what to bring while traveling, or how to make spending more time in the kitchen not a boredom. Handy if you're just starting a low-sodium diet. In complement to the book, I'd like to recommend:- The No-Salt Cookbook by David and Thomas Anderson. Easy recipes and in general quicker than the Sodium Girl cookbook. Plus the size of the book is small, which is easier to carry on trips or give to friends who want to have you for dinner.- Gazzaniga's Lowest sodium cookbook. Pages and pages of recipes (you won't be bored by your food options!), including breads, pancakes, Italian food... It looks ugly and there is not a single picture but it's been truly helpful and still a source of inspiration.- if you are looking for a way to cook with more herbs and don't mind the fancy ingredients/ live near a place where you can buy them, I'd recommend Ottolenghi Plenty and Plenty More cookbooks. They focus on vegetables which will be helpful if you have to lower your protein intake (which often happens with kidney disease). And they taste amazing. Just be aware it is not a low-sodium cookbook, so use your judgment (replace feta by

low-sodium goat cheese, skip salt, skip the recipes asking for capers or olives, replace soy sauce by balsamic glaze...).

I was feeling overwhelmed and flustered with having to change my diet. But low sodium does not mean no flavor. Ms Goldman begins with a great encouraging introduction full of important information, such as preparing your home, embracing your diet, tips on dining out and traveling, etc. There are recipes for favorites such as enchilada casserole, chicken curry, and many more. I'm ready to start cooking and enjoying a new way of eating. Just wanted to add that I cooked the Chicken Cacciatore and my family absolutely loved it! No added salt, yet flavorful and delicious!

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