

Cookbook:Low-sodium Cooking

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Table of Contents

1. Cookbook:Low-sodium Cooking.....	4
What is a low-sodium diet?.....	4

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[Cookbook](#) | [Recipes](#) | [Ingredients](#) | [Special diets](#)

What is a low-sodium diet?

A low-sodium diet is normally advised for people who suffer from heart and blood related conditions, such as high blood pressure, angina and for people who have previously suffered heart attacks (myocardial infarction), and also for people who have suffered, or who are prone to, conditions such as stroke or CVA (cerebrovascular attack).

Foods prepared and cooked for patients on this diet should contain as little added salt as possible, preferably none. This allows the consumer to season the food according to their own taste. Generally meals falling into this category contain < 0.5 grams of sodium per portion (about 1/8tsp).

Some people find food in this dietary grouping quite bland and "boring", so it is up to the preparer to find new and interesting ways to season the food, in order to provide as much taste as possible, with little salt or sodium. To improve the flavours of sodium-free food, one can add combinations of herbs and spices.

If you have just started a sodium-free diet, it will take at least 2 weeks for your palate to adjust to the lack of salt.