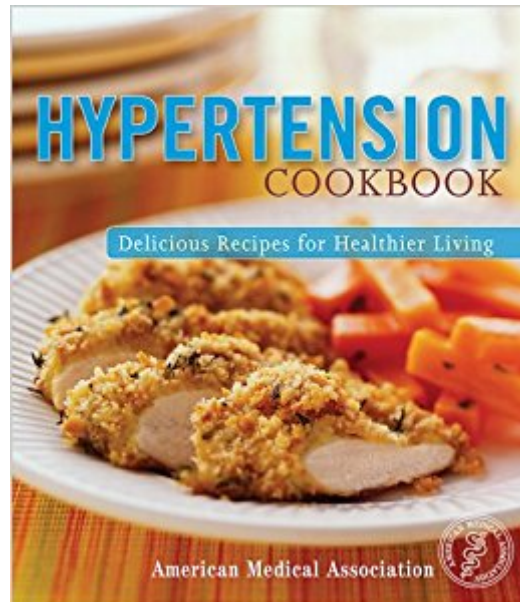




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# Hypertension Cookbook



## Synopsis

Delicious, low-sodium recipes for appetizers and snacks, soups, side dishes, main dishes, and desserts. Simple, satisfying recipes for everyday meals showcase fresh herbs and other flavor-enhancing ingredients without the addition of extra sodium. The latest research and recommendations for understanding and treating hypertension and pre-hypertension in a comprehensive introduction by AMA experts. How to identify risk factors for developing high blood pressure and lifestyle tips for controlling hypertension. Clearly defined nutritional goals, including details of the DASH diet, determining daily calorie needs, and fat gram allowances. Helpful lifestyle tips to control weight, cut sodium intake, and lower blood pressure. Calorie counts and complete nutrition information for every recipe in an easy-to-follow format.

## Book Information

Paperback: 144 pages

Publisher: American Medical Association; First Edition edition (October 4, 2005)

Language: English

ISBN-10: 0696224437

ISBN-13: 978-0696224430

Product Dimensions: 8.1 x 0.5 x 9.4 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 3.6 out of 5 stars Â See all reviews Â (5 customer reviews)

Best Sellers Rank: #1,701,122 in Books (See Top 100 in Books) #85 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #304 in Â Books > Cookbooks, Food & Wine > Special Diet > Low Salt #524 in Â Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

## Customer Reviews

This is an excellent book for those of us with high blood pressure. All we have to do is use the recipes it has in it (which are plentiful) and not eat fast food, and our weight should go down and concomitantly our blood pressure! Excellent menus.

This book and the recipes are good for people wanting to lower their blood pressure. I have used these ideas in this book and adapted them to other recipes my family love. I recommend this book to help people stay healthy.

This book is good, but I wish there was more variety. Have not tried any recipes yet, but there are some on my "to try" list. This contains a lot of common sense.

This seller will send an AMA Hypertension Cookbook, but it is not the one shown in the advertisement. You will receive the cookbook with the Spinach, Fruit and Blue Cheese salad on the cover.

No one has these things in their homes. The point is how to change your lifestyle to fit hypertension and to give helpful hints. This book does not do that. Don't buy this book.

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