

## Read Book

# COOKING WITHOUT A GRAIN OF SALT (PAPERBACK)



Bantam Doubleday Dell Publishing Group Inc, United States, 1999. Paperback. Book Condition: New. Revised pbk. ed. 173 x 104 mm. Language: English . Brand New Book. Putting down the saltshaker is just the first step. Experts agree that a low-sodium diet can decrease the risk of heart disease, migraines, diabetes, and osteoporosis. But to significantly reduce the salt in your diet, you must learn how to spot the hidden sodium in frozen foods, canned goods, and popular recipes. Fully revised...

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- Authored by Elam W. Bagg, Susan Bagg Todd, Robert Bagg
- Released at 1999



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## Reviews

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