

## Low Sodium (Salt) Eating Resources



### Cookbooks

- American Heart Association. **The American Heart Association Low-Salt Cookbook, 3<sup>rd</sup> Edition: A Complete Guide to Reducing Sodium and Fat in your Diet.** Clarkson Potter, 2006.
- Jamal K. **HeartSmart Flavours of India.** Douglas and McIntyre, 2003.
- Lindsay A. **The New Lighthearted Cookbook: Recipes for Heart Healthy Cooking.** H. B. Fenn & Company, 2005.
- Lindsay A. **Anne Lindsay's Lighthearted Everyday Cooking: Fabulous Food for a Healthy Heart.** John Wiley & Sons Canada, 2004.
- Lindsay A. **The Everyday Low-Fat Cookbook.** Grub Street, 2003.
- Lindsay A. **Anne Lindsay's Light Kitchen.** John Wiley & Sons Canada, 2002.
- Stern B. **HeartSmart: the Best of Heartsmart Cooking.** Random House of Canada, 2006.
- Stern B. **Heartsmart Cooking for Family and Friends: Great Recipes, Menus and Ideas for Casual Entertaining.** Random House Canada, 2000.
- Wong S. **HeartSmart Chinese Cooking.** Douglas and McIntyre, 1996.



### Notes

- These cookbooks are recommended for recipes and flavouring ideas, not as replacements for your diet guidelines.

**This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.**



## Organizations and Services

- **Dial-A-Dietitian.** [www.dialadietitian.org](http://www.dialadietitian.org). Free nutrition hotline staffed by Registered Dietitians. Call 604-732-9191 (Greater Vancouver) or 1-800-667-3438 (BC).
- **Heart and Stroke Foundation of Canada.** [www.heartandstroke.ca](http://www.heartandstroke.ca). Provides useful heart health information, as well as low sodium, heart healthy recipes. Call 1-888-473-4636
- **Supermarket Tours**  
Many supermarkets offered guided grocery tours by a registered dietitian who can answer your questions about food products and nutrition. Check with your local supermarket to see if this service is offered. For Shop Smart Tours in BC call 1-800-448-2118.



## More Websites

- **BC HealthGuide.** [www.bchealthguide.org](http://www.bchealthguide.org). Medically approved health information.
- **American Heart Association.** [www.americanheart.org](http://www.americanheart.org)  
Contains information on AHA Cookbooks, as well as other useful heart health information.
- **Canadian Nutrient File 2005.**  
[www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index_e.html).  
A searchable database that gives the nutrient composition of foods commonly consumed in Canada.

This handout distributed by:

### The following resources are also available on low sodium eating:

Low Sodium (Salt) Eating  
Low Sodium (Salt) Food Choices  
Low Sodium (Salt) Cooking  
Low Sodium (Salt) Eating Out  
Reading Food Labels for Sodium (Salt)

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