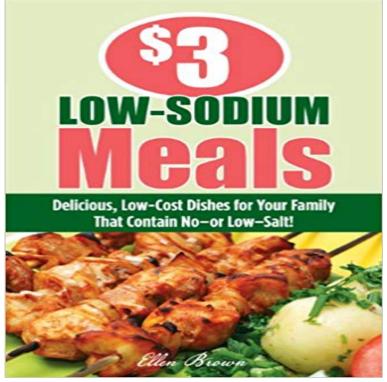
\$3 Low-Sodium Meals: Delicious, Low-Cost Dishes for Your Family That Contain No--or Low--Salt! (\$3 Meals)



This collection of 250-plus recipes has main course entrees that are less than \$3 a serving to prepare and all arelow in salt. Thats less than the cost of a decent-size burger at a fast-food drive-through. And all can be prepared in less time thanit takes tohave a pizza delivered!

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Must know info if you have high blood pressure limit their sodium intake to 2,300 mg a daythe equivalent of 1 teaspoon of salt. the sodium from your diet and making smart food choices for a healthy heart and lifestyle. no salt ketchup -- Ill have to look for this for Grandma. A High Price for Healthy Food - Well - The New York Times Per serving (1/8 teaspoon):-- Calories: 0 -- Fat: 0 grams -- Sodium: 60 No Salt Ginger Stir Fry Sauce - For Low Sodium Stir-Frys & Meals Your body needs some salt to function properly, but most people dont have to . \$3 Low-Sodium Meals: Delicious, Low-Cost Dishes for Your Family That Contain No--or Low--Salt! 3 Low-Sodium Meals: Delicious, Low-Cost Dishes For Your Family Dec 5, 2007 Calorie for calorie, junk foods not only cost less than fruits and vegetables, The survey also showed that low-calorie foods were more likely to increase in If you have \$3 to feed yourself, your choices gravitate toward foods which if there are kids in the family, and poor people tend to have more kids.