

Legacy Health

Low-Sodium Resources

Cookbooks

The Everything DASH Diet Cookbook by Christy Ellingsworth © 2012

The No-Salt Cookbook by David C. Anderson © 2001

The No-Salt, Lowest-Sodium Cookbook by Donald A. Gazzaniga © 2002

Sodium Girl's Limitless Low Sodium Cookbook by Jessica Goldman Fong © 2013

Websites and Apps

amazon.com	Search: "salt free spices and seasonings"
myfitnesspal.com	Food tracker with nutrient analysis
http://ndb.nal.usda.gov	U.S. Government Nutrient Database
sodiumgirl.com	by cookbook author Jessica Goldman Fong
http://thedailydish.us	by cookbook author Christy Ellingsworth
megaheart.com	by cookbook author Donald Gazzaniga
healthyheartmarket.com	On-line market for salt free foods
safeway.com	On-line grocery shopping and home delivery

Portland-Area Spice Shops

Penzey's www.penzeys.com

The Spice & Tea Exchange www.spiceandtea.com

Savory spice Shop www.savoryspiceshop.com

Stone Cottage www.herbsspicesteas.com

Fred Meyer, New Seasons, Whole Foods, WinCo For bulk herbs and spices

