



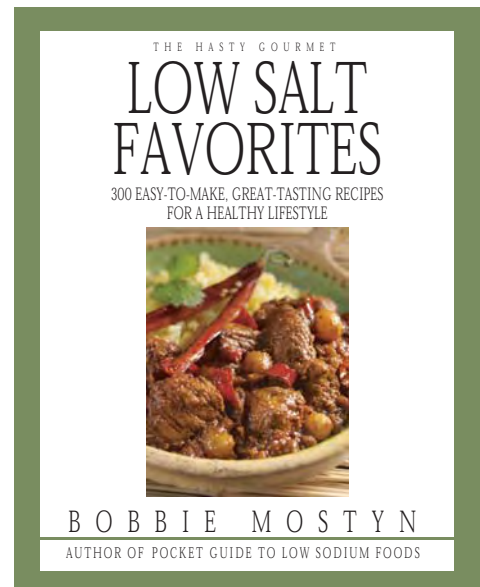
For Immediate Release

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## **NEW COOKBOOK HELPS REDUCE SALT**

Olympia, WA — Salt, found in large quantities in processed and convenience foods, may be slowly killing us. Linked to high blood pressure, our consumption of excess sodium may be putting us at greater risk for heart disease and stroke.

Once on the decline, high blood pressure is again on the rise. According to recent government data, nearly one-third of American adults (at least 65 million) have hypertension, an increase of 30% in the past decade. Plus, another 45 million are considered "prehypertensive" and likely to develop the condition.



So alarmed, many medical authorities are urging Americans to cut their salt intake in half. For years, the daily sodium recommendation was no more than 2,400mg, but now The Institute of Medicine is asking us to consume no more than 1,500mg per day, and less than 1,300mg if over 50.

The release of **The Hasty Gourmet™ Low Salt Favorites**, by Bobbie Mostyn, could not come at a better time. The first in a series of cookbooks, **The Hasty Gourmet™ Low Salt Favorites**, offers a quick and delicious way to reduce salt intake.

"Most consumers are unaware of how much salt they actually take in.," said Mostyn, who also authored *Pocket Guide to Low Sodium Foods*. "People think that if they don't use the saltshaker, they aren't consuming a lot of salt." Although the saltshaker contributes about 25% of the salt we consume, the majority comes from the grocery shelves in the form of canned goods, packaged meats, cheeses, and other processed foods. She suggests reading labels to see how much sodium you are actually consuming. For instance, a turkey sandwich with mayonnaise and mustard can have as much as 1,500mg, or a bowl of chili and cornbread, nearly 2,500mg.

"Taste is the main reason most people find it difficult to stay on a low-salt diet," says Mostyn. "By adding sauces, spices, and other flavor enhancers, you can create a delicious, flavorful dish that everyone will enjoy, including those accustomed to lots of salt."

"But all was not rosy," she continued, "as I began to modify my cooking, many of my friends and family rebelled at some of the bland meals I was serving. In fact, one friend went so far as to sneak in a saltshaker and, while my back was turned, added salt to a sauce I was preparing."

Many years later this self-taught cook has perfected her recipes and created a collection of family favorites. Mostyn offers a way to cook hearty, delicious low-salt meals with very little effort, using readily available ingredients that the whole family will enjoy.

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To request a review copy, arrange an interview with Bobbie Mostyn,  
or for any additional information, please contact  
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