

# salt sanity

Your Guide To Living & Loving Your Low Sodium Life

## About Salt Sanity

Salt Sanity is a growing online resource for low sodium living. We empower families, helping them navigate the confusion and fear that often comes with transitioning to a low sodium lifestyle. Our delicious, low sodium recipes, tips for eliminating and avoiding salt, and lists of low sodium products help demystify and simplify the process so they can thrive, not just survive.



## About Chef Danielle

Salt Sanity was created by Chef Danielle Turner, a professionally trained chef whose superpower is making cooking simple. Her expertise as a personal chef, cooking instructor, food stylist, and writer, combined with her experience transitioning her family to a low sodium lifestyle, empowers her to create and share the recipes, tips, products, and other vital information she wishes she'd had when she began her low sodium journey.



### AUDIENCE REACH

LAST 90 DAYS

SESSIONS

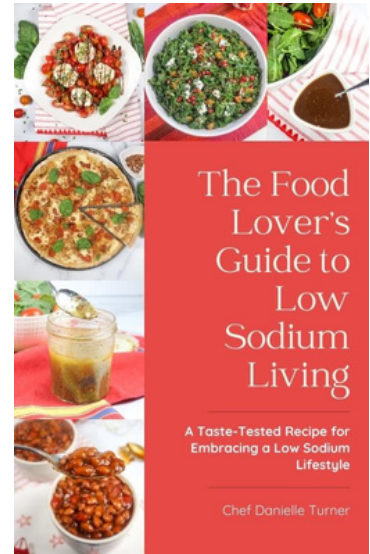
47,000

USERS

36,000

EMAIL SUBSCRIBERS 1625

Chef Danielle has taught more than 8,000 students in more than 1000 cooking classes.



### DEMOGRAPHICS

92% From USA

70% Women

74% Engagement from 55+

### SOCIAL



702 Followers



585 Followers



221k Monthly Views

Chef Danielle is the author of **The Food Lover's Guide to Low Sodium Living: A Taste Tested Recipe for Embracing A Low Sodium Lifestyle.**

LET'S COOK UP SOMETHING WONDERFUL TOGETHER!

Contact me: [ChefDanielle@SaltSanity.com](mailto:ChefDanielle@SaltSanity.com) 202.494.2055



# Our Content Makes A Difference

## What Our Readers Say

Our readers have spoken loud and clear – they want simple, flavorful recipes prepared with high quality, affordable, low or no sodium ingredients. They need helpful tips that make it easy for them to navigate a low sodium diet and embrace the delicious possibilities of low sodium living.

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Chef Danielle,

You are a lifesaver. I'm 73-yr-old with high blood pressure that was under control then it shot up. My pressure is under control with your assistance. I'm going to try and find a few of these low sodium lunch meats. I never really ate lunch meat before, but since my diet is so restricted I feel I would like to try it. I have not had any processed food since February and I can tell the difference. **Joan B.**

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I was recently diagnosed with diastolic heart failure. My doctors and the dietician didn't tell me anything, except to avoid lunch meat, sausage and snack foods. The next thing I know I was being released from the hospital. I didn't know who to turn to for advice. I started searching the Internet for anything I could find on low sodium diets and I ran across Salt Sanity. Your site has been very educational for me. Thank you so much for sharing your experience and research with the world. You will never know how much your website has helped me and because of that I want to say thank you for taking the time, research, and for sharing your experiences with the world. It has been a game changer for me. When I thought I didn't have any hope I found it at Salt Sanity! **Beth C.**

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You have helped me so much in understanding how to handle my sodium. Thank you ♥ **Alice S.**

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Thanks for posting this wonderful recipe. **Anne S.**

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Thank you so much, Chef Danielle! My husband has just been placed on a low sodium diet by his Dr. for cardiac issues. It is so difficult to find low salt recipes. This is a great help. **Merry T.**

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