

salt sanity

Your Guide To Living & Loving Your Low Sodium Life

MEDIA KIT



Chef Danielle Turner **Low Sodium Expert**

Chef Danielle Turner is a dynamic, engaging, and knowledgeable guest ready to talk about all things food, flavor, cooking, and eating well on a low sodium diet.

A professionally trained chef, food writer, cooking instructor, and food stylist, Danielle is on a mission to redefine low sodium eating and help people ditch bland food and embrace a low sodium diet.

SaltSanity.com is a growing online resource for low sodium living founded by Chef Danielle Turner. She empowers families, helping them navigate the confusion and fear that often comes with transitioning to a low sodium lifestyle.

Her delicious, low sodium recipes, tips for reducing and avoiding salt, and lists of low sodium products help demystify and simplify the process so food lovers can thrive, not just survive.

Topics of Expertise

- Making the Transition to a Low Sodium Diet
- How to Make Low Sodium Cooking Delicious & Easy
- The Biggest Myths About Low Sodium Foods
- How to Read Food Labels Like a Pro
- Easy Ways to Reduce Sodium In Your Diet
- Eating Out on a Low Sodium Diet
- Low Sodium Meal Prep Tips

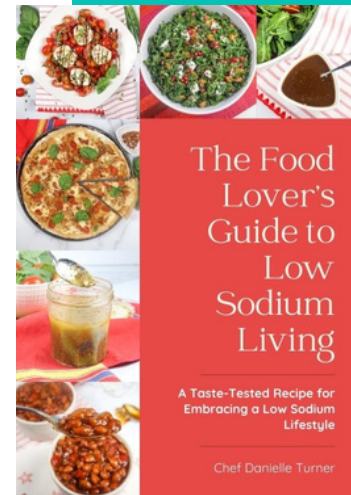
LET'S COOK UP SOMETHING WONDERFUL TOGETHER!

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About Chef Danielle Turner

Chef Danielle Turner is a classically trained chef and the founder of SaltSanity.com, where she proves that low sodium cooking can be full of flavor. When her husband was diagnosed with congestive heart failure in 2018, she refused to settle for bland food and used her culinary expertise to change the way she cooked for her family without sacrificing flavor. She's the author of **The Food Lover's Guide to Low Sodium Living: A Taste Tested Recipe for Embracing A Low Sodium Lifestyle.**



With over 20 years of experience as a personal chef, cooking instructor, food stylist, and food writer, Chef Danielle has taught more than 8,000 students in more than 900 cooking classes. She has penned articles for The Food Network magazines, the MICHELIN Guide, and TastingTable.com, among others. She was the food stylist for seasons one and two of PBS's Pati's Mexican Table cooking show and has worked with top brands and publications to bring food to life on screen and in print.

A graduate of L'Academie de Cuisine, Chef Danielle is a board member of the Washington, DC chapter of Les Dames d'Escoffier. Whether she's teaching home cooks, styling dishes, or breaking down the science of seasoning, her mission is simple: low sodium cooking doesn't have to be complicated or dull. Her goal is to help families embrace their low sodium lifestyle and continue to enjoy food and cooking.



Let's Connect



Previous Podcast Appearances



Blogger Genius Podcast



Empty Nest Kitchen Podcast

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