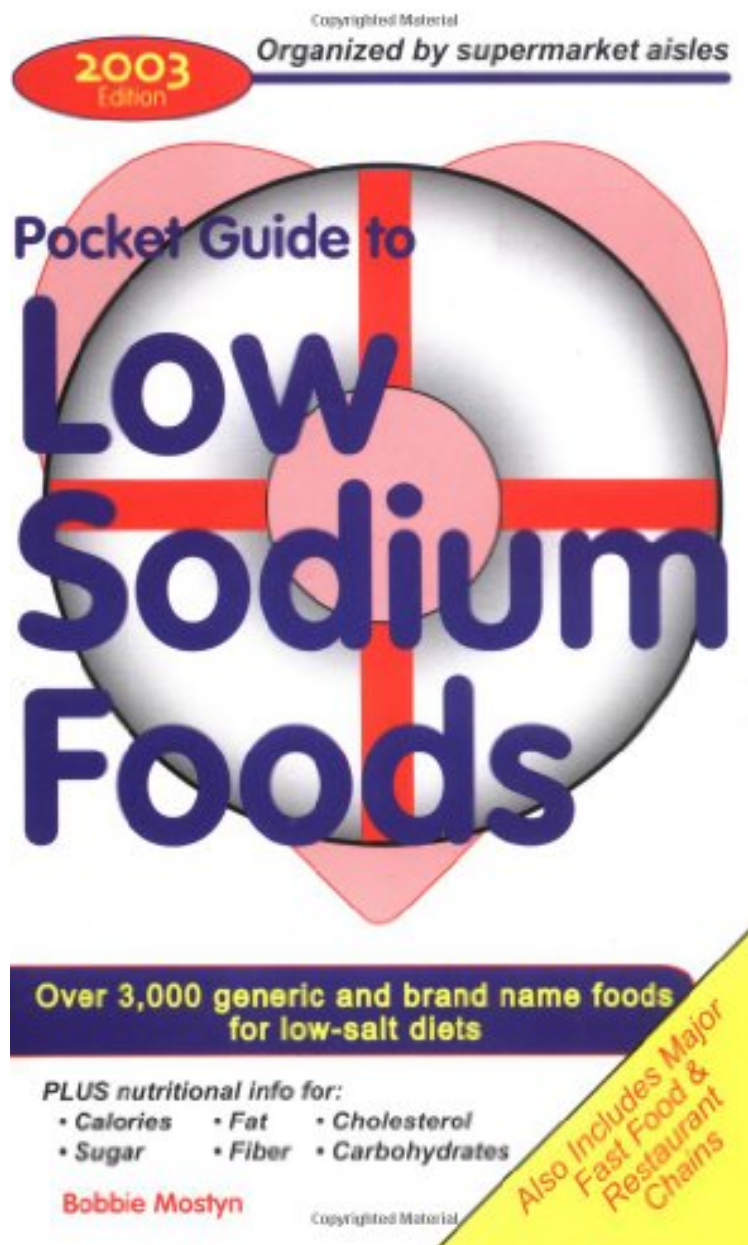


Pocket Guide to Low Sodium Foods

Bobbie Mostyn

*DOC | *audiobook | ebooks | Download PDF | ePub*



DOWNLOAD



READ ONLINE

#1538166 in Books 2003-09-01Original language:EnglishPDF # 1 7.00 x .50 x 4.50l, #File Name: 0967396913224 pages | File size: 47.Mb

Bobbie Mostyn : Pocket Guide to Low Sodium Foods before purchasing it in order to gage whether or not it would be worth my time, and all praised Pocket Guide to Low Sodium Foods:

1 of 1 people found the following review helpful. Excellent, well-arranged guideBy NatalieI am a new-comer to a low-

sodium diet and this will be a great reference for me. I notice that some of the older food guides don't even list sodium content. This one has the sodium content at the left side of the page so it's very easy to find. A couple of previous reviews mention the obscure brand-names of some of the foods but I appreciate that. While many of the brand-names are familiar to me from the natural foods sections of supermarkets, I can use an obscure brand-name to do research. Furthermore, there's an extensive list of on-line resources at the back of the book. Some things to note: some of the "lower-fat" versions of some foods have more sodium than the "regular" so you can decide which attribute of the food matters most on your food plan. This guide is really handy to help you to select everyday items such as breads, salad dressings, soups and snack-foods. I've already sworn off fast food but if I am forced to make a fast-food selection, the menus are listed. Sodium listings provide an indispensable guide to the consumer and this book has already helped me a lot. 12 of 12 people found the following review helpful. Very easy By Shirley Devine Like the way the book is organized and that it includes restaurants. This book is great for anyone who has heart disease, as low sodium is crucial to their longevity. 15 of 15 people found the following review helpful. Handy book for traveling By Daniel D. McCoy Best tool in my tool kit for staying on the low sodium diet! I highly recommend getting a copy and keeping it in your vehicle for when you are traveling.

This nutritional counter is an indispensable reference for anyone who is watching his or her salt intake. It is small enough to put in a pocket or purse to enable one to make wise food choices at the grocery store and while dining out. Intended for the estimated 60 million Americans with high blood pressure and severe kidney disease, this guide addresses which supermarket products and fast food items have the lowest sodium counts and simplifies supermarket choices by listing only low sodium products. Each food is analyzed by calories, fat, saturated fat, cholesterol, carbohydrates, fiber, sugar, and sodium. Also included are brief descriptions of each of these nutrients and their effect on blood pressure, explanations of food labeling guidelines, and clarification of nutritional content claims.

Everyone with high blood pressure should have this handy guide . . . all libraries should own at least one copy. -- American Reference Manual Sodium sensitivity got you down? Don't panic! . . . lists more than 3,000 low-sodium supermarket products and choices in 63 restaurant chains. -- Prevention, Sept 2003 From the Publisher Want to reduce your chances of a stroke, heart attack, or high blood pressure? Excessive sodium has been linked to these and other health risks. If you are concerned and want to take charge of your diet, this guide has everything you need to make wise choices at the supermarket and when dining out. Put this handy reference in your purse or pocket and use it wherever you go. From the Author When I was diagnosed with hypertension in 1999 and told to watch my salt intake, the simple chore of food shopping quickly became an overwhelming process of reading product labels and searching through nutritional counters. Not only was I determined to make the process easier for myself, but also for other health-conscious people.