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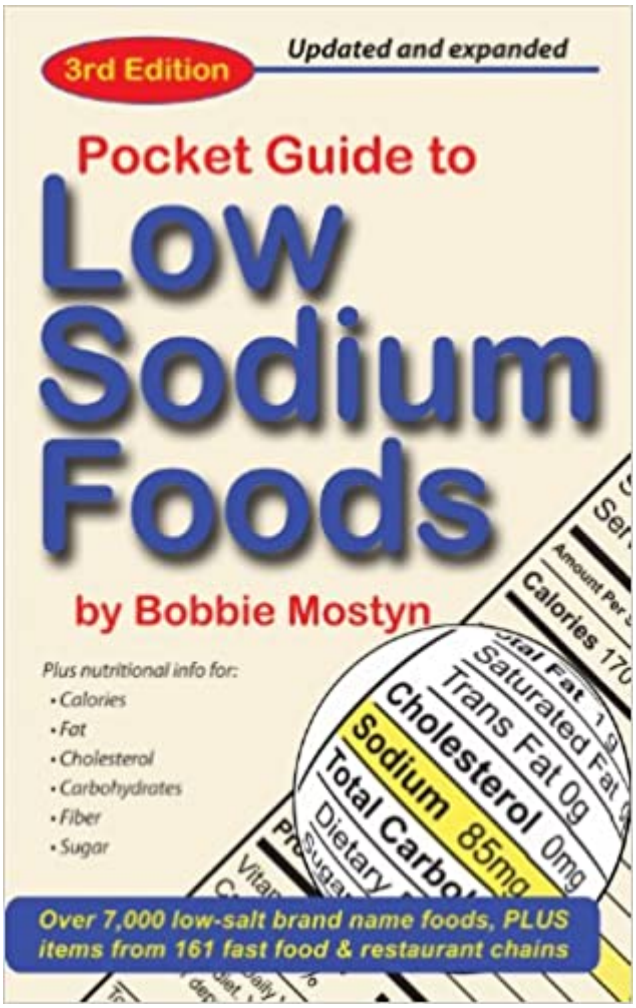
Pocket Guide To Low Sodium Foods



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Synopsis

An indispensable reference for those watching their salt intake, the expanded third edition of this nutritional sodium counter is small enough to put in a pocket or purse so wise food choices can be made at the grocery store or while dining out. Intended for the estimated 76 million Americans with high blood pressure, Menieres disease, and severe kidney disease, this guide addresses which supermarket products and fast-food items have the lowest sodium counts and simplifies 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 nutrient and its effect on blood pressure, explanations of food labeling guidelines, and clarification of nutritional content claims.

Book Information

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Customer Reviews

Bobbie Mostyn is an advocate of the low-salt lifestyle and promotes sodium awareness. She is the author of several low-sodium books, including The Hasty Gourmet Low Salt Favorites. She lives in Shelton, Washington.

just recently advised to get on a low sodium diet & having no idea which food type/brands i was lost.... purchased this book & found it an excellent info base listing what food types, brands etc i s/b looking for..... purchase worth every cent paid....

Excellent reference to have with you when shopping and meal planning. The fast food section is

quite good for checking out menu items while buying at fast food restaurants. You can update the 2013 data by checking websites obtained from the website listing. Most of the common fresh foods such as seafood is listed which is valuable since most stores do not have nutrition label information on such items. You can quickly see that sodium is significantly higher in scallops than salmon.

I 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 obscurebrand-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.

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.

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.

Do not believe that this is pocket size it is 8" x 5" I have several books with the same info. Other fact I live on the West Coast, and and other than chain restaurants I have not heard about most of the restaurants.

I have been on a low sodium diet for a while and this book will definitely help me stay on that diet. I will be going on vacation soon and will be eating at restaurants quite a bit so the part of the book referencing restaurants will be essential.

My husband has a weak heart and was stage 4 with his kidneys. The doctor put him on a low salt

diet. This book has been such a help for us. Such an improvement in his health. We can eat out and make good choices on low salt items. So pleased. The book came in the time range it was expected and is in good condition.

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