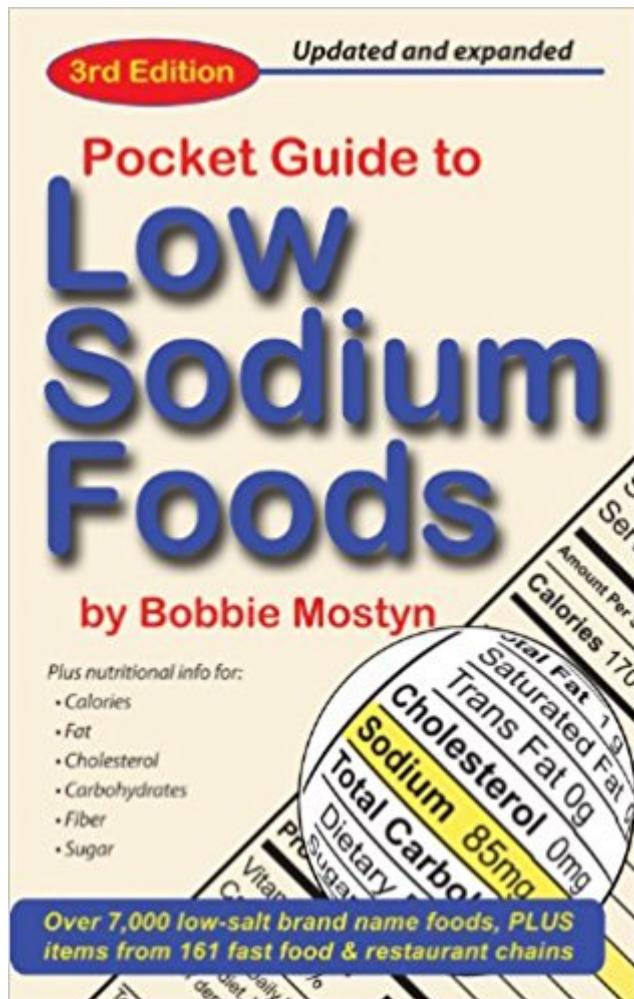


The book was found

Pocket Guide To Low Sodium Foods



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

Paperback: 312 pages

Publisher: Indata Group, Inc.; 3 edition (October 1, 2012)

Language: English

ISBN-10: 0967396972

ISBN-13: 978-0967396972

Product Dimensions: 5 x 0.7 x 7.9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 132 customer reviews

Best Sellers Rank: #74,444 in Books (See Top 100 in Books) #48 in Books > Reference > Consumer Guides #787 in Books > Health, Fitness & Dieting > Nutrition #1009 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

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 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.

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.

[Download to continue reading...](#)

Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium Recipes (Low Salt Diet) (Low Salt Cooking Book 1) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginnerâ„¢s Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Sodium Girl's Limitless Low-Sodium Cookbook You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium and No-Sodium Recipes Using Flavorful Spice Blends Low-Sodium Recipes: Decadent Sodium Free, Breakfast, Lunch, Dinner and More (The Easy Recipe) Pocket Guide to Low Sodium Foods Whole Food: The 30 Day Whole Food Challenge â„¢ Whole Foods Diet â„¢ Whole Foods Cookbook â„¢ Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle

Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)