

3rd Edition

Updated and expanded

Pocket Guide to Low Sodium Foods

by Bobbie Mostyn

Plus nutritional info for:

- Calories
- Fat
- Cholesterol
- Carbohydrates
- Fiber
- Sugar

**Over 7,000 low-salt brand name foods, PLUS
items from 161 fast food & restaurant chains**

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An essential reference for those watching their salt intake, the expanded third edition of this dietary sodium counter is little enough to put in a pocket or purse so smart food choices could be produced at the grocery store or while eating out. Also included are brief descriptions of each nutrient and its effect on blood pressure, explanations of food labeling suggestions, and clarification of nutritional content claims. Each food is analyzed by calorie consumption, fat, saturated extra fat, cholesterol, carbohydrates, fiber, sugars, and sodium. Designed for the estimated 76 million People in america with high blood pressure, Menieres disease, and serious kidney disease, this information addresses which supermarket products and fast-food products have the lowest sodium counts and simplifies choices by listing only low-sodium products.



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Big Agra is definitely killing us all with sodium. My first a reaction to this publication was a Jaw Drop. It's amazing (and horrific) how much unnecessary sodium lurks just about everywhere in a supermarket. Statistically, 75% of sodium abuse does not take place at the table..... Please beware: We are getting loaded down with heart-killing sodium by Big Agra, folks. I observe that some of the older food guides don't even list sodium content. "New" as it travels to your supermarket from God-Knows-Where.um. When you read your labels, please focus on sodium content. Something as small as a can of tomato soup can contain much more sodium than any human body should endure in one day. The Low Sodium Foods book includes a good compilation of grocery foods but isn't very helpful while shopping because the relevant information is found on the labels for most products. low sodium was told to watch sodium in diet this book helps Good book for beginners This book needs an update. Or that "lower salt" means "low salt". Americans are being slowly brined without also trying, to the stage where they don't even taste it any longer. But make no mistake, it's doing its job you silently. Found many useful links and concepts while browsing it. The next time you select up that box or can, please read the label and understand that having your chest cracked open up and put back together with stainless steel wires is not fun, trust me. This one has the sodium articles at the left side of the web page so it's super easy to find. Ultimately, after the shock and horror wear off, you should understand how exactly to decipher what that can or box is doing to you daily. Fight against Big Agra. Keep their sodium there on the shelf. As more and more people do this, they will obtain the picture that using sodium as a preservative to prolong shelf life virtually indefinitely at the trouble of people's lives is NOT acceptable. The reduced sodium book I use the most I love this book especially since it lists many low sodium foods which can be ordered in junk food and casual dining restaurants. Because I travel for function, having this is a genuine handy guideline for me to search out lower sodium meals., etc. In addition, it lists the sodium content in grocery products, ethnic foods and snacks. It's a very practical reserve and is about 3"x5" so could be quickly carried in the glove compartment of your car for handy reference. Very useful with change in diet Sent this to my niece who all had to change her diet recently. She loves it and says it has been tremendously useful in choosing foods reduced sodium. She's currently feeling better. outstanding help/value.... just lately advised to can get on a low sodium diet & Okay I'm not sure what I expected, nonetheless it was not as amazing as I was hoping. This guide is actually handy absolutely help select everyday items such as for example breads, salad dressings, soups and snack-foods. If the book contained more info about restaurants it would be much more useful.. bought this publication & found it a fantastic info bottom listing what meals types, brands etc i s/b looking for..... buy worth every cent paid. It's in those condiments, processed foods, even packaged poultry is often treated with saline to maintain it. Five Stars Great, handy pocket edition to check sodium levels when mobile phone is not available. A few previous reviews mention the obscure brand-names of some of the foods but I appreciate that. Useful If Slightly Outdated Guide An excellent if somewhat outdated (around this writing) mention of low sodium foodstuffs. Do not wait till that shock bypass surgery, want I did (and I wasn't an ounce over weight or out of shape) High blood circulation pressure wreaks havoc together with your heart AND your kidneys. How useful is the Pocket Guidebook? But I do understand the problem with menu changes.. End up being well--and bring this book with you to the shop.. While many of the brand-names are familiar to me from the organic foods parts of supermarkets, I can make use of an obscure brand-name to do research. Furthermore, there's a thorough set of on-line resources at the back of the book. Some things to note: some of the "lower-fat" versions of some foods have significantly more sodium compared to the "regular" so you can decide which attribute of the

meals issues most on your diet.. I've already sworn off fast food but if I am forced to make a fast-food selection, the menus are shown. This about the only way I use the publication. to the buyer and this reserve has recently helped me a whole lot. very helpful very useful for low or no sodium diets.?? And do not go by "serving size". I use the guide when entering calorie and salt details into my Fitbit when I do not want to perform out to the kitchen to find the Diet label.Sodium listings offer an indispensable instruction.The restaurant segment is primarily junk food chains. Nearly all items found at junk food locations are usually too salty for folks with salt restrictions..dishes work out well,taste great,gave the quantity of sodium you are consuming,so you might plan a meal with over your limitadbs would recommend,price not Excellent, well-arranged guide I actually am a new-comer to a low-sodium diet which is a great reference for me. Two Stars Wasn't what We was looking for—mainly packaged foods and cafe food items. If you fall for that technique, you need to suspend disbelief if they tell you that one can of soup contains 3 servings. having no idea which meals type/brands i was lost. Very Handy Due to my recent medical diagnosis of the start of kidney failing, I am on a jihad about sodium, I am aware this is not likely to get better but I really do not need to place my condition into overdrive. An excellent publication for you if you want to help keep your blood pressure down and avoid future issues. Areas like Panera's, Bob Evans, Caifornia Pizza, Chick-Fil-A, Jimmy John's, KFC, McDonalds, Noodles and Co. If you are searching at this review then I am preaching to choir..



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