



Pocket Guide to Low Sodium Foods

Bobbie Mostyn

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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.

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