



**[(Pocket Guide to Low Sodium Foods)] [By  
(author) Bobbie Mostyn] published on (October,  
2012)**

*Bobbie Mostyn*

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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.

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Why don't make it to become your habit? Right now, try to ready your time to do the important action, like looking for your favorite book and reading a reserve. Beside you can solve your condition; you can add your knowledge by the guide entitled [(Pocket Guide to Low Sodium Foods)] [By (author) Bobbie Mostyn] published on (October, 2012). Try to face the book [(Pocket Guide to Low Sodium Foods)] [By (author) Bobbie Mostyn] published on (October, 2012) as your good friend. It means that it can to be your friend when you truly feel alone and beside that course make you smarter than before. Yeah, it is very fortunated for yourself. The book makes you much more confidence because you can know every thing by the book. So , let me make new experience and knowledge with this book.

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In this period of time globalization it is important to someone to find information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of references to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The book that recommended for you is [(Pocket Guide to Low Sodium Foods)] [By (author) Bobbie Mostyn] published on (October, 2012) this reserve consist a lot of the information on the condition of this world now. This book was represented how can the world has grown up. The words styles that writer use to explain it is easy to understand. Often the writer made some investigation when he makes this book. Honestly, that is why this book ideal all of you.

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