



**[(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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This book untitled [(Pocket Guide to Low Sodium Foods)] [By (author) Bobbie Mostyn] published on (October, 2012) to be one of several books in which best seller in this year, this is because when you read this guide you can get a lot of benefit upon it. You will easily to buy this book in the book store or you can order it via online. The publisher of this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Smartphone. So there is no reason to you personally to past this e-book from your list.

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