Sodium Counter

Jamie Pope,Martin Katahn

Sodium Counter Annette B. Natow,Jo-Ann Heslin,1993-07 More than one out of four Americans has high blood pressure, although many may not even know it. Now two nationally recognized nutrition experts show readers how to reduce the risk of heart attack, stroke, and other diseases by lowering salt intake.

Sodium Counter ,1985

The Sodium Counter William I. Kaufman,1986

The Sodium Counter Alexandra Sherman,1984-01-01

Sodium Counter Book Mary Golanna,2022-12-30 This is a beginner's quick start guide on how to count sodium. It includes a list of foods with low sodium as well as a sample collection of low sodium recipes.

The Sodium Counter William Irving Kaufman,1984-03-01

Carlton Fredericks' Sodium Counter Carlton Fredericks,1989 For those on a sodium restricted diet or just watching their salt intake, this complete volume lists the salt content of thousands of foods. Includes not only basic foods but also fast foods, convenience foods, and brand-name foods.

The Sodium Counter Jacqueline Nagel,1989-04-01

Sodium Counter 'j' William I. Kaufman,1990-04-01

Complete "lite" Foods Calorie, Fat, Cholesterol, and Sodium Counter Densie Webb,1990 With light/lite foods representing the fastest growing segment of the food industry, here is the guide to making truly lite and healthy food choices--with more than 3,000 brand names listed and more than 1,000 listings of calorie information.

Pocket Guide to Low Sodium Foods Bobbie Mostyn,2003 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.

Calorie, Fat [and] Sodium Counter Kurt D. Singer,1995

The Fat-Calorie-Sodium Counter Seth Godin Productions,Seth Godin Productions Staff,Seth Godin,1997-02

At-a-Glance Nutrition Counter Patricia Hausman,1984-08-12 A straightforward guide that can help you plan your eating and get you on the road to healthful eating and living. This helpful, up-to-date guide includes all the information you need to determine calories, fat content, carbohydrate content, sodium level, fiber amount, and vitamin and mineral content for brand name foods, fast foods, ethnic specialities, health foods, beverages and much more. It also features a comprehensive Food Rating System that interprets the data instantly and works at a glance.

The T-Factor Fat Gram Counter (Revised and Updated) Jamie Pope,Martin Katahn,2006-01-17 In this newly revised edition, the authors offer an informative, practical guide to low-fat eating that will help with weight loss while lowering the risk of disease. Pope and Katahn have updated listings, including carbohydrates, total fat, saturated fat, calories, fiber, and sodium in the foods consumed daily.

Restaurant Calorie Counter For Dummies Rosanne Rust,2011-05-10 Achieve your dietary and lifestyle goals even when eating out Whether you're trying to lose weight, eat healthier, or control or prevent diseases such as diabetes and heart disease, this handy guide arms you with a portable, quick, and easy way to get nutritional information whenever and wherever you want. Restaurant Calorie Counter For Dummies gives you fast access to the calorie, fat, saturated fat, carb, fiber, protein, and sodium counts found in food products of thousands of fast-food and chain restaurants. Nutritional information for big name franchises like Burger King, Applebee's, Pizza Hut, and Cracker Barrel Expert advice on the healthiest options at the most popular drive-thru destinations as well as your favorite sit-down chains Tips and tricks for eating meals on-the-go for those with diabetes, high cholesterol, or high blood pressure. Special tips for athletes, as well as the best bets for kids. Tuck this compact guide into your glove box, briefcase, or purse, and have key calorie information at your fingertips at all times!

Sodium Polyacrylate Production Process - Cost Analysis - Sodium Polyacrylate E21A Intratec,2019-09-17 This report presents a cost analysis of Sodium Polyacrylate production from glacial acrylic acid and sodium hydroxide. In this process, acrylic acid is partially neutralized by sodium hydroxide, yielding a solution of sodium acrylate monomers, which is subsequently polymerized to Sodium Polyacrylate. This report was developed based essentially on the following reference(s): (1) US Patent 6727345, issued to Nippon Shokubai in 2004 (2) US Patent 8742026, issued to BASF in 2014 Keywords: Superabsorbent Polymer, SAP, NaOH, Slush Powder, Saponification

Starch-Graft Sodium Polyacrylate Production - Cost Analysis - Sodium Polyacrylate E11A Intratec,2019-09-17 This report presents a cost analysis of Starch-Graft Sodium Polyacrylate production from corn and glacial acrylic acid. In this process, acrylic acid is grafted into corn starch forming a polyacrylate, which is then saponificated with sodium hydroxide. This report was developed based essentially on the following reference(s): Keywords: Superabsorbent Polymer, SAP, Starch-Grafted, NaOH, Slush Powder, Saponification

$3 Low-Sodium Meals Ellen Brown,2010-03-16 This collection of 250-plus recipes has main course entrees that are less than $3 a serving to prepare and all are low in salt. That's less than the cost of a decent-size burger at a fast-food drive-through. And all can be prepared in less time than it takes to have a pizza delivered!

Pocket Calorie Fat & Carbohydrate Counter Allan Borushek,1999-11 Color edition updated for 2000! A user-friendly directory of nutritional information for calories, fat, carbohydrates, sodium, cholesterol, calcium, protein, iron, alcohol, and caffeine, plus up-to-the minute objective data on commercial food products and fast food. A must for anyone trying to lose weight or adopt a healthier lifestyle. One reviewer said, It's definitely...America's best calorie counter.

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