

Sodium Counter

William I. Kaufman

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 William Irving Kaufman,1984-03-01

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.

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.

The Pocket Guide to Low Sodium Foods Bobbie Mostyn,2012-10 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.

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

The Food Counter's Pocket Companion, Fifth Edition: Calories, Carbohydrates, Protein, Fats, Fiber, Sugar, Sodium, Iron, Calcium, Potassium, and Vitamin D - with 30 Restaurant Chains (Fifth) Jane

Stephenson,Rebecca Lindberg,2022-03-01 Healthy eating is easier than ever with 12 essential nutrient values for over 4,500 foods right in your pocket! The Food Counter’s Pocket Companion is your indispensable guide to meeting your nutrition goals. Whether you’re seeking vegetarian and plant-based foods, looking to boost your fiber intake, or limiting saturated fat, salt, or sugar, this book is here to help you make informed choices. Find your favorite fresh, frozen, and prepared foods—including 100s of grocery store brands and 30 popular chain restaurants—under common sense, quick reference categories from A to Z. Plus, you’ll learn how to set your personal targets for calories, fluids, and key nutrients. At home or on the go, whether you need help navigating grocery store aisles or restaurant menus, this handbook takes the work (and tech) out of eating right for you. Make your food choices count with your pocket companion!

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 specialties, health foods, beverages and much more. It also features a comprehensive Food Rating System that interprets the data instantly and works at a glance.

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!

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.

\$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.

Sodium Counter: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of

bestselling books, exploring the engaging narratives that have enthralled audiences this year. Sodium Counter : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Sodium Counter : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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