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The Living Heart Brand Name Shopper's Guide

Michael E. Debakey

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Michael E. Debakey : The Living Heart Brand Name Shopper's Guide before purchasing it in order to gage whether or not it would be worth my time, and all praised The Living Heart Brand Name Shopper's Guide:

0 of 0 people found the following review helpful. It's OkayBy lovehollywoodIs a comprehensive guide to products on the shelf. It lists some brands that aren't available in the midwest.

This guide takes the guesswork out of choosing low fat and low cholesterol foods from the approximately 30,000 food and non-food items currently available, and answers some of the most commonly-asked questions about diet and heart disease. Current information about obesity, fat replacers, stearic acid, antioxidants, red meat, vegetarian diets, and other topics is summarized in an easy-to-understand manner. (MasterMedia Limited)

Now is a considerably revised and updated third edition, The Living Heart Brand Name Shopper's Guide is back better than ever! An easy-to-use guide to heart-healthy eating for today's busy lifestyles, The Living Heart Brand Name Shopper's Guide lists more than 5,000 supermarket foods low in saturated fat; includes values for calories, fat, sodium, carbohydrate, and fiber. The Living Heart Brand Name Shopper's Guide is an easy-to-use book taking much of the burden off of making successful dietary changes, reducing fat or sodium in favorite recipes, and using the information found on food labels. The Living Heart Brand Name Shopper's Guide is a "must" for anyone with special dietary needs because of high cholesterol, weight problems, blood pressure, or any of the other ailments requiring healthy eating. Highly recommended! -- Midwest Book