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Quick Check Food Guide for Heart Health

By Linda McDonald

Barron s Educational Series Inc.,U.S., United States, 2014. Paperback. Book Condition: New. 183 x 130 mm. Language: English . Brand New Book. A diet that emphasizes whole grains, fruits, vegetables, and lean proteins; while limiting fat and sodium is recommended for optimal heart health. It can be a challenge to eat this way in our world of mega grocery stores, complicated health claims and food labels. This no-nonsense guide, from nutrition expert Linda McDonald, cuts through the confusion and helps readers make wise choices with an extensive listing of food that includes: Nutritional charts for all basic and brand-name foods for heart health Nutritional data augmented with current dietary guidelines and shopping tips Sound advice for eating heart-healthy at restaurants Readers will also find heart-healthy diet suggestions, label reading advice, and useful resources including food companies and web sites. Also includes heart healthy nutrient criteria for each food category, making this compact little guide the perfect choice for readers who are trying to prevent heart disease, as well as those dealing with a present heart condition.



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