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November 2006

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## Best Selling Low-Sodium Book Just Got Better!

October 28, 2006, Olympia, WA — The first edition of the ***Pocket Guide to Low Sodium Foods*** was hugely successful with readers who wanted to lower their salt intake. Like the first version, this completely revised and expanded second edition is full of low-sodium products to help individuals make wise choices at the supermarket and when dining out.

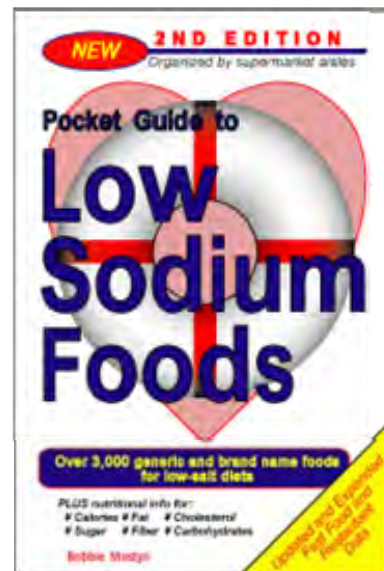
Specifically aimed at individuals on a sodium-restricted diet, the ***Pocket Guide to Low Sodium Foods*** addresses which supermarket products and fast food items have the lowest sodium contents and simplifies the selection process by limiting its listings to products suitable for low-salt diets.

“Keeping up with the constantly changing food industry can be difficult for the sodium sensitive,” says author, Bobbie Mostyn.

“Most of us have no idea of what’s in the foods we are

consuming, nor do we have time to compare the labels of thousands of grocery items.” To solve this problem, the grocery section organizes more than 3,000 products as in a supermarket, allowing one to go aisle by aisle seeing exactly which items to choose.

Hungry for a hamburger and french fries? Mostyn explains that not all burgers and fries are the same, depending on where you go, you can consume anywhere from 350mg to more than



1,500mg of sodium. The ***Pocket Guide to Low Sodium Foods*** helps with this quandary by listing lower salt favorites from 70 quick-serve restaurant chains.

In addition to sodium content, all foods in the guide are analyzed by calories, fat, saturated fat, trans fats, carbohydrates, cholesterol, fiber and sugar. Also included are brief descriptions of each of these nutrients and their effect on blood pressure, explanations of Food Labeling Guidelines and Nutritional Content Claims, and a resource section of online markets and food manufacturers offering harder-to-find items.

### **About the Author**

Bobbie Mostyn, author of *The Hasty Gourmet™ Low Salt Favorites*, has followed a low-salt regime for nearly a decade. A former technical writer and medical researcher, Mostyn is an advocate of the low-salt lifestyle and promotes sodium awareness through numerous articles and her popular website, **[www.LowSaltFoods.com](http://www.LowSaltFoods.com)**.

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### **Pocket Guide to Low Sodium Foods**

by Bobbie Mostyn

288 pages 4.5" x 7" Charts Resources  
ISBN: 0-9673969-6-4 \$8.95 trade paperback

*Please send two copies  
of any review or mention to:*  
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Olympia, WA 98508-1908

### **Pocket Guide to Low Sodium Foods**

is published by InData Group, Inc. and distributed to the trade by Independent Publishers Group; available October 28, 2006, at bookstores nationwide, at online bookstores, by calling the publisher at 800.897.8440 and at **[www.LowSaltFoods.com](http://www.LowSaltFoods.com)**.

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