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Reducing Sodium Intake Just Got Easier



Many people think they are not consuming a lot of salt because they do not use it at the table or in their cooking. However, salt from a saltshaker contributes only about 25% of most people's salt intake. It is high levels of sodium in most processed foods, as well as baked goods and convenience products that surprises so many people.

According to estimates, American's consume 4,000-6,000 milligrams of sodium a day – two to three times more than the National Institutes of Health's recommended level of 2,400mg (or about 1 teaspoon of salt). Those who want to avoid excess sodium – to maintain or regain optimum health – often don't know what foods to choose (or avoid) when at the grocery store or when eating out.

Diagnosed with hypertension a few years ago. Bobbie Mostyn was told to watch her salt intake. The simple task of grocery shopping quickly became an overwhelming chore of reading product labels and searching through nutritional counters, seeking out the best choices. Using her previous experience as a technical writer and medical company researcher, Mostyn was determined to make the process easier for herself and other health-conscious individuals. The result is her **Pocket Guide to Low Sodium Foods**, an indispensable handbook for anyone who is watching their salt intake. It contains everything needed to make wise food choices aisle by aisle at the grocery store and when dining out.

Hungry for some healthy yogurt? An 8 ounce container of most brands contributes 90-140mg of salt. Thinking a deli sandwich is better than a burger? A basic turkey

Did you know . . .

- a healthy garden salad with low-fat dressing often has more sodium than a hamburger and french fries?
- teriyaki marinade can have as much as 3,050mg sodium per tablespoon, but many grilling sauces have less than 140mg?
- a large bagel has an average of 700mg sodium?
- antacids can have as much as 761mg sodium?

This is just a sampling of what can be learned in the pages of **Pocket Guide to Low Sodium Foods** ©2003.

**Pocket Guide to
Low Sodium Foods**
features:

- over 3,000 alternatives to salty foods
- only low-sodium foods listed – no searching through thousands of brand items (both generic and brand-name foods are arranged by super-market aisles)
- quick reference guide – where to get fast food meals with the least salt (items from 62 fast food and restaurant chains are listed)
- where to find low-sodium products from online retailers

breast sandwich can quickly exceed 1,000mg of sodium, and climb even higher if you add cheese (1 oz of American = 176mg) or pickles (1 oz dill = 350mg). There are a surprising number of frozen pizzas with relatively low sodium (300-400mg) and a Krispy Kreme doughnut has only 80mg of salt . . . but beware of those calories and fat!!

So, whether the doctor has warned you to cut back on your sodium intake because of high blood pressure or you want to take charge of your diet to reduce the risk of stroke, kidney, or other problems, it will be less onerous with the help of this easy-to-use guide.

However, even with her guidebook Mostyn warns, “Read labels and continue to re-read them. I have been fooled many times,” she admits, “by favorite low-sodium foods that suddenly have more salt listed than the last time I used them.” But, the task of reducing or watching your sodium intake will still be easier with the help of **Pocket Guide to Low Sodium Foods**.

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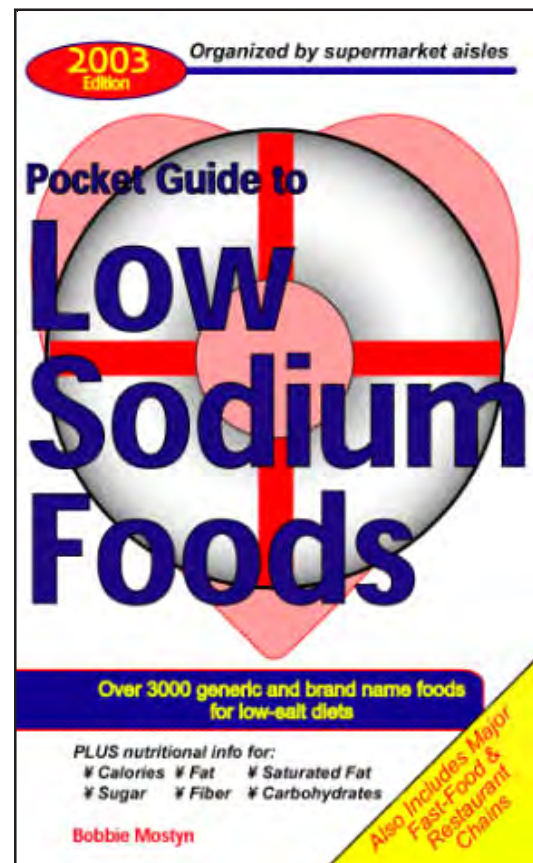
Pocket Guide to **Low Sodium Foods**

by Bobbie Mostyn

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