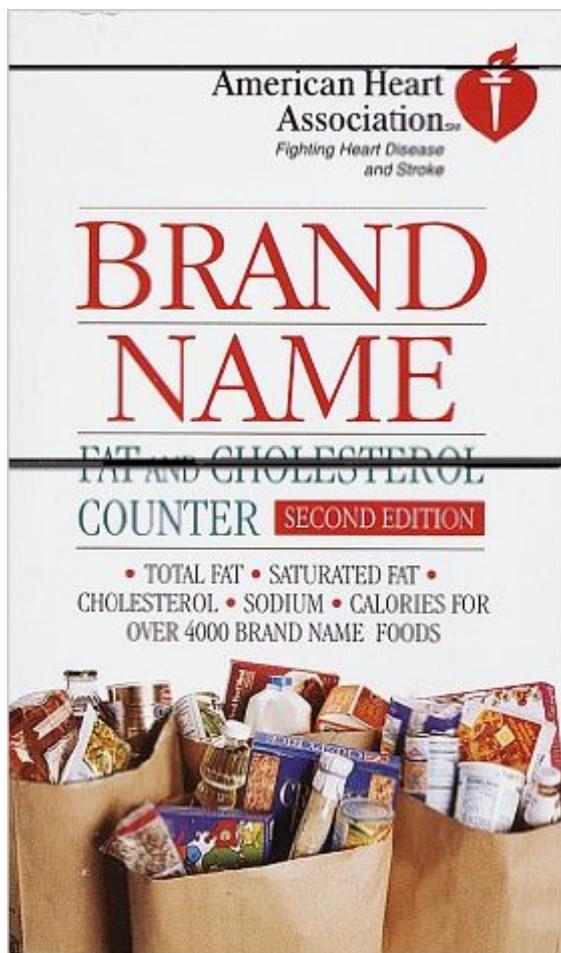


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# American Heart Association Brand Name Fat And Cholesterol Counter, Second Edition



## Synopsis

A food counts guide lists total fat, saturated fat, cholesterol, sodium, and calories for more than four thousand brand name products and is organized into supermarket categories for easy reference. Original. 150,000 first printing.

## Book Information

Series: American Heart Association

Mass Market Paperback: 429 pages

Publisher: Clarkson Potter; 2 edition (October 10, 1995)

Language: English

ISBN-10: 0812923677

ISBN-13: 978-0812923674

Product Dimensions: 4.2 x 1 x 6.8 inches

Shipping Weight: 8 ounces

Average Customer Review: 2.4 out of 5 starsÂ  [See all reviewsÂ \(5 customer reviews\)](#)

Best Sellers Rank: #2,604,870 in Books (See Top 100 in Books) #121 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #1219 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

Of all the fat/calorie/cholesterol count books I've seen, this has been the least helpful. The inclusion of brand names for the listed food items is nice, however the vast majority of foods are those already reduced, or naturally low, in fat and calorie content. Thus comparisons cannot be made with non-diet versions. Unless these are the ONLY foods you consume, you will still need to reference another source to calculate your fat and calorie consumption.

I should have read the cover in greater detail. Most importantly, the book contains ONLY those foods which meet ALL the AHA criteria for total fat, saturated fat, and cholesterol. So when there is no listing for scallops, is it because they exceed the guidelines, or because they are too exotic? A few items ARE included at the beginning of each section under "items you want to limit or avoid". Not the book if you are ever willing to eat something outside the guidelines (or make the best of limited choices). I prefer being able to eat a smaller quantity if I know the fat value, for example, is high. And as I should have known by the title, the focus is on brand names - ad infinitum. Editorialy, it is difficult to follow the internal category indexing - would be helped by a dictionary - style

reference at the top of each page giving the major index. Other problems, such as "seafood" listed after "turkey" within the "meat, poultry, seafood, and Meat substitutes" section, but NOT because the categories are separated. I think I'm going to buy the USDA Handbook No. 8 for a good generic reference book.

This is the only book I have found so far that has information on sodium in fresh food. I find the book somewhat confusing to use but it does give me the information I seek.

It was so hard to find the particular foods I was looking for that it just wasn't worth the effort. It would be more helpful to have generic listings. Now I either look things up on the web (like the websites of restaurants) or jot down key metrics from the FDA label on the package before I throw it away.

Very informative for those needing and wanting to be healthy

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American Heart Association Brand Name Fat and Cholesterol Counter, Second Edition Cholesterol: Cholesterol Lowering Guide To How To Lower Cholesterol Naturally And Reduce High Cholesterol With Cholesterol Lowering Strategies To Lower ... Lower Cholesterol (Coronary Heart Disease)

Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) Cholesterol: The Great Cholesterol Hoax: Why Cholesterol Lowering Drugs Won't Help You Live One Day Longer And Drug Companies Know It (Cholesterol diet, ... Cholesterol lowering foods, heart disease)

American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th edition: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol (Random House Large Print Nonfiction)

American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great Cholesterol: Cure for beginners - (NEW EDITION - UPDATED & EXPANDED) Understanding, Treating and Preventing High-Cholesterol (Cholesterol Cure Books - Cholesterol Treatment Book 1) American Heart

Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) The American Heart Association Low-Salt

Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol Cholesterol: The Natural Solution: Simple Lifestyle Changes to Lower Cholesterol Naturally and Prevent Heart Disease (Lowering Cholesterol) (Volume 1) American Heart Association Low-Fat, Low-Cholesterol Cookbook ATKINS DIET CARBOHYDRATE GRAM COUNTER: LOW CARB DIET: Ultimate Atkins Diet Made Easy (Secrets To Weight Loss Using Low Carbohydrate Diet, Low Cholesterol ... Low Cholesterol Weight Loss Diet) The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice DASH Diet Recipes: 50 Heart Healthy 30 MINUTE Low Fat, Low Sodium, Low Cholesterol DASH Diet Recipes to Help You Lose Weight Fast and Prevent Heart Disease, Stroke, Diabetes and Cancer

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