

THE
Food Sleuth

HANDBOOK

FRIDAY AND
HURWITZ

THE
Food Sleuth
HANDBOOK

Supermarket and Kitchen
Strategies to Keep your Family
Healthy and Happy

by Sandra K. Friday and Heidi S. Hurwitz
Editors of the **Food Sleuth** Newsletter

Foreword by Leonard Cozzari, M.D., Associate Clinical Professor
Yale University School of Medicine

- ✓ Add a ripe banana to replace sugar in cookies
- ✓ Sauté garlic and onions without fat
- ✓ Learn to locate everyday foods free of hidden salt
- ✓ Buy the best of supermarket fare free of artificial ingredients

With 100
low-salt, low-sugar,
low-fat recipes—
all family tested and
endorsed!

The Food Sleuth Handbook

Tian-Chu Shih



The Food Sleuth Handbook:

The Food Sleuth Handbook Sandra K. Friday, Heidi S. Hurwitz, 1982 *The Field Researcher's Handbook* David J. Danelo, 2017-05-03 Field research the collection of information outside a lab or workplace setting requires skills and knowledge not typically taught in the classroom Fieldwork demands exploratory inquisitiveness empathy to encourage interviewees to trust the researcher and sufficient aptitude to work professionally and return home safely *The Field Researcher's Handbook* provides a practical guide to planning and executing fieldwork and presenting the results Based on his experience conducting field research in more than fifty countries and teaching others a holistic approach to field research David J Danelo introduces the skills new researchers will need in the field including anthropology travel logistics planning body language recognition interview preparation storytelling network development and situational awareness His time as a combat veteran in the US Marine Corps further enhances his knowledge of how to be observant and operate safely in any environment Danelo also discusses ethical considerations and how to recognize personal biases This handbook is intended for researchers in a variety of academic disciplines but also for government think tank and private sector researchers [Diet for a New America 25th Anniversary Edition](#) John Robbins, 2012-10-23 Originally published in 1987 *Diet for a New America* awakened the conscience of a nation with its startling examination of the food we buy and eat and the moral economic and medical price we pay for it Drawing a clear line connecting America's factory farm system with disease animal cruelty and ecological crises Robbins makes perhaps the most eloquent argument for vegetarianism ever published Robbins walked away from his family's business the Baskin Robbins ice cream empire to pursue his dream of promoting a healthy society that practices compassionate stewardship of a balanced ecosystem In *Diet for a New America* he presents both a disturbing portrait of our current system and a vision for the future that will educate and empower readers to change [Diet for a New America](#) John Robbins, 2012 An H J Kramer book published in a joint venture with New World Library **Health Related Cookbooks** Tian-Chu Shih, 1991 Will assist in researching cookbooks designed for those with specific diseases or disorders as well as for special diets for general health extremely comprehensive CHOICE a good addition to public libraries of any library that supports a dietary or food services program ARBA **Low Sodium Diets** Jayne T. Maclean, 1984 **The Sodium-watcher's Guide** Kathleen Mayes, 1984 Abstract Practical advice on selecting and preparing foods that are low in sodium is presented in this guide for individuals who are moderating their intake of salt and sodium Background information is provided on the functions of sodium in the body medical problems associated with excess sodium intake and the amount and uses of salt in foods General guidelines for moderating sodium intake include 1 buying fresh meats fruits and vegetables 2 reading food labels for sodium containing ingredients and 3 seasoning foods with spices and herbs instead of salt Recipes are included for low sodium appetizers and soups fish meats and poultry vegetables salads salad dressings and marinades and desserts and sweets Suggestions are given for moderating sodium intake at restaurants barbecues brown bags and

picnics delicatessens and while traveling The sodium found in beverages i e water carbonated beverages alcoholic beverages and drugs and medications i e toothpaste mouthwash analgesics antacids laxatives is considered Numerous charts and tables describe sodium compounds used to process foods types of salt salt and sodium equivalents and nutrient requirements for sodium A table shows the sodium content of selected foods by food group Recipes are included for low sodium seasoning blends and suggestions are given for selecting herbs and spices to accompany selected foods A list of additional readings and subject index are included aje

The Care and Feeding of Healthy Kids Sara Sloan,1985 **Book Review Index** ,2006 Every 3rd issue is a quarterly cumulation **The Publishers' Trade List Annual** ,1904 **The Cumulative Book Index** ,1990 A world list of books in the English language AB Bookman's Weekly ,1992 **How to** William A. Katz,Linda Sternberg Katz,1985 **Quick Bibliography Series** ,1976 **The Publishers Weekly** ,1988 **Subject Guide to Books in Print** ,1983 *Books in Print Supplement* ,1994 *Books Out-of-print* ,1986 **Subject Catalog, 1982** Library of Congress,1982 **Long Life Now** Lee Hitchcox,1996 Discusses how to slow the biological aging process achieve immunity from nursing home institutionalization reduce the risk of degenerative disease purge pesticides from our food supply and environment convert our economy from petrochemical based to plant based and transform government from lobby centered to people centered Covers dietary components such as proteins fats carbohydrates additives dairy products seafoods and vitamins the history of the American diet the food guide pyramid weight control exercise biological age various nutrition related illnesses such as heart disease cancer osteoporosis arthritis diabetes hypertension etc

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