

# Shopping Guide Helps Consumers Make Healthful Choices

MIAMI, Fla. — Do you get confused by the thousands of food brands and labels in your supermarket that claim to be "healthy" for you? Are you ever really sure that the food you're buying is indeed part of the heart-healthy diet your doctor recommended?

Well, now there is a book that will guide you in purchasing the right foods while answering some of the most commonly asked questions about diet and heart disease. The Living Heart Brand Name Shopper's Guide provides a quick and easy-to-use reference for smart, healthy shopping.

The Shopper's Guide was featured in a recent issue of *CardiSense*, a quarterly health-oriented newsletter published by Marion Merrell Dow. Written by the authors of the New York Times bestseller *The Living Heart Diet*, the Shopper's Guide includes more than 5,000 common brand name products that are low in calories, fat, saturated fat and cholesterol. The calorie and sodium content of each product also is included.

To make wise dietary choices, consumers need to know more about the food they are eating. Chapters in the Shopper's Guide cover a variety of topics from Food and Drug Administration label requirements, to how to plan a cholesterol-lowering eating pattern, and various fat facts and definitions: calories from fat, percentages of calories from fat, and percent fat. In addition, the authors give important tips on how to shop wisely and save money on your purchases at the grocery store.

This guide also provides readers with new U.S. Department of Agriculture (USDA) dietary recommendations for all ages and suggestions for foods made at home or in restaurants that meet those requirements.

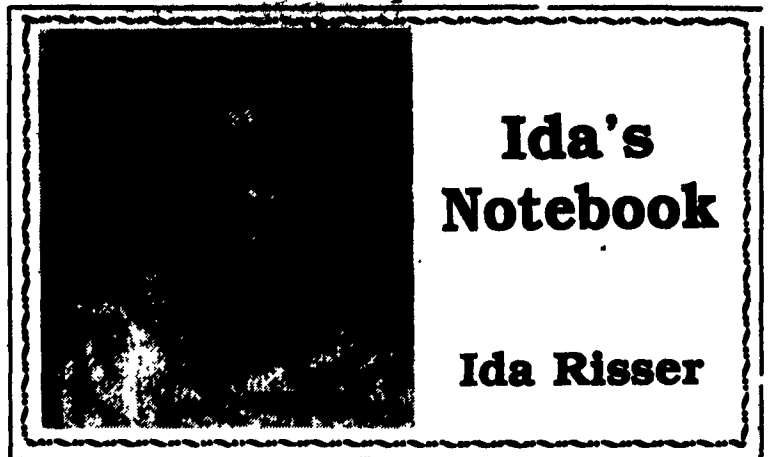
Statistics show that 60 percent of children participate in the school lunch program, and that an average of 15 to 17 percent of calories from food served there comes from saturated fat. In addition, 83 percent of restaurant visits made by children and adolescents

(under age 18) are to fast-food establishments which traditionally offer foods high in fat and sodium.

The Shopper's Guide lists alternative, healthier selections at cafeterias and fast-food restaurants and includes suggestions for ways to compensate for children's diets that are otherwise high in fat.

The Living Heart Brand Name Shopper's Guide provides one of the most helpful and complete references for shopping and eating wisely. With more than 30,000 food brands to choose from, this quick reference aids consumers in fighting the fat wars.

The newsletter *CardiSense* is available free to patients currently taking the prescription drugs *Cardizem* CD (diltiazem HCl) capsules, *Cardizem* SR (diltiazem HCl) sustained release capsules, or *Cardizem* (diltiazem HCl) tablets. If you take one of these products and would like to receive *CardiSense*, write to Subscription service Department, *CardiSense*, P.O. Box 549158, Miami, FL 33054-9875; or call 1-800-235-LIFE.



## Ida's Notebook

Ida Risser

It is good that I can write this and do not have to talk. My husband says that I've left my voice in Atlanta. We just spent five days with our children and grandchildren and ever since I'm home I cannot say a word.

When I whisper on the telephone, most people can understand me but not everyone. At least, I must spend more time listening than talking. That just might be good!

The first day we eight adults and four children visited the Atlanta Zoo. The sun shone and it was about 60 degrees as we walked through the large zoo and saw lions, tigers, giraffes and gorillas. One big attraction was a trained elephant who performed for us.

Some of the exotic birds were quite interesting — especially their calls. It was nice enough to have a picnic but one granddaugh-

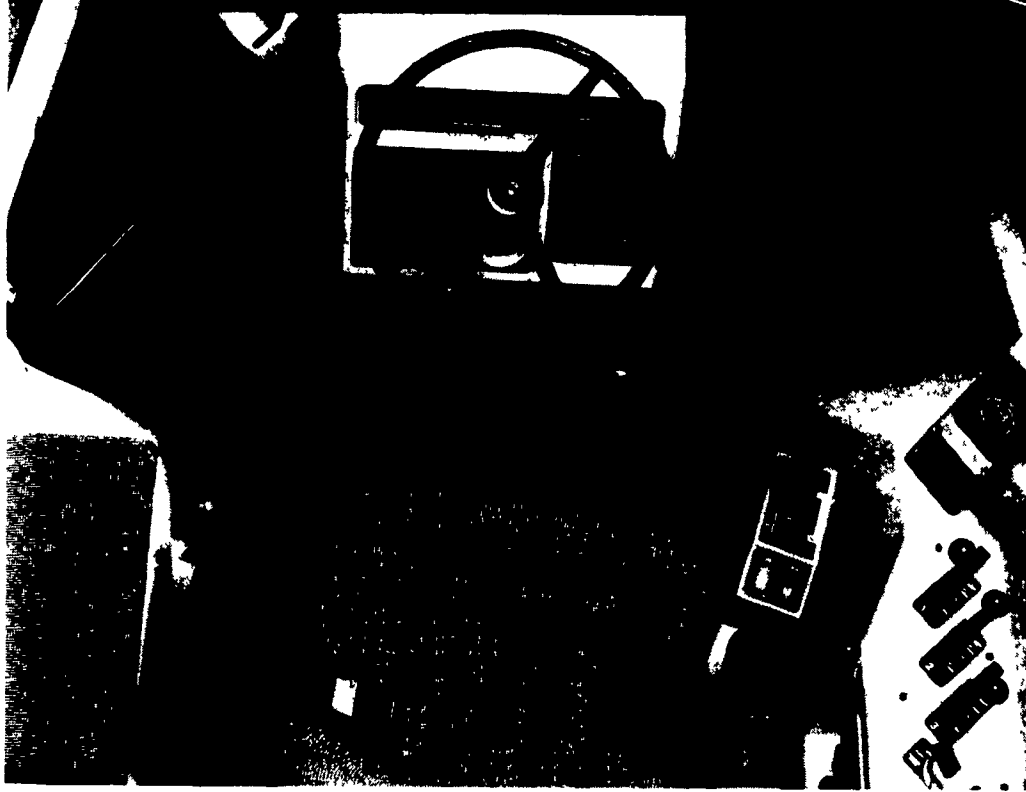
ter was unfortunate and sat on a nest of fire ants. They are so tiny but their bite is not and so we had to undress her to get rid of them.

Another day we went to a Co-op Craft store near Tallulah Falls. Here we bought some books, toys, and Christmas ornaments. We had just seen the Tallulah Gorge where a man walked across on a tight wire.

We took the group to a Chinese restaurant before heading home. Our MD80 plane flew us to Baltimore where we had parked our pickup truck. They charge five dollars per day to park in their satellite parking area. A shuttle bus did take us to the airport from there and we boarded a computerized railcar which runs without a conductor.

A usual it was very nice to be home again even though my voice is still in Atlanta.

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