

McLaren Print System Order

Order No: 78233
 Order Date: 2023-07-10
 User: Liz Birchmeier
 Phone: 22085

Ship Location: Cardiac Rehab
 401 S, Ballenger Hwy
 Flint, mi 48532

Brochures
 Quantity: 50
 Paragon Dept No: 35700
 Dept Name: Cardiac Rehab
 Company Number: 60

Order Total Price: 155.00

Item Number: P-334
 Item Description: Heart Healthy Nutrition Guide and Cookbook Booklet
 Revision Date: 12/2019
 Print:
 Paper:
 Size:
 Fold:
 Finish:
 Drill:
 Poster:
 Misc Info: Finish size: 8.5 x 5.5 inches; 80 lb color cover; 38 lb color copy text; DS
 ; CLC; saddle-stitched; book based on 52 (5.5 x 8.5) pages

RESOURCES

National Nutrition Hotline:
 (800) 368-1855 for more information.

American Heart Association Nutrition Hotline
Fighting Heart Disease and Stroke:
 (800) 242-8721 for more information.
www.heart.org

Morton's Salt - Reference on Sodium Contents of Food:
"Morton's Salt Helps You Measure."
 A quick guide to measuring sodium, potassium, and calories in popular foods.
 Morton International Inc. Morton Salt, Chicago, IL 60606-1555

Lickety-Split Meals, Zonga Foco, RD (ZHI Publishing)
 (888) 884-LEAN or Barnes & Noble

Quick & Healthy: Recipes and Ideas (Third Edition)
 Brenda J. Povichers, RD (Small Steps Press, 2008)

Quick & Healthy: Recipes and Ideas, Volume 2 (Second Edition)
 Brenda J. Povichers, RD (Small Steps Press, 2009)

The Dash Diet Recipe Cookbook

Weight Watchers New Complete Cookbook
 By the Editors of Weight Watchers (Wleg, 2010)

The Academy of Nutrition & Dietetics
 (Formerly the American Dietetic Association)
www.eatright.org



Spec Info:

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