

**McLaren Print System Order**

Order No: 79180  
 Order Date: 2023-09-05  
 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](http://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, Zorja 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](http://www.eatright.org)



**Spec Info:**



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