

McLaren Print System Order

Order No: 90582
Order Date: 2024-12-04
User: Liz Birchmeier
Phone: 22085

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

Brochures
Quantity: 75
Paragon Dept No: 35700
Dept Name: Cardiac Rehab
Company Number: 60

Order Total Price: 232.50

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 60606-1055

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



Spec Info:



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P 204 McLaren Print 12-19



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