

# 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 Grauer, 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

**Sara Sloan**



## **The Food Sleuth Handbook:**

**The Food Sleuth Handbook** Sandra K. Friday, Heidi S. Hurwitz, 1982      **An Amateur Sleuth's Guide to Murder**

Lynn Cahoon, 2025-06-24 New York Times bestselling author Lynn Cahoon makes her hardcover debut with an irresistible new meta mystery series about an amateur sleuth who doesn't just solve crimes she writes about how to do it TIP 1 WHAT DOESN'T KILL YOU COUNTS AS WORK EXPERIENCE Meg Gates could use a guidebook for life Indeed she's faced some challenges She dropped out of college to work for a tech startup that failed and her fiancé just took her bridesmaid to Italy on what was supposed to be Meg's honeymoon Now at twenty six Meg has taken the ferry ride of shame from Seattle back to Bainbridge Island to live with her family At least she has her rescue cocker spaniel Watson by her side But it's Meg who could use a rescue and she's hoping it will come in the form of a part time gig doing research for a bestselling mystery writer TIP 2 WRITE WHAT YOU KNOW OR WHAT YOU WANT TO KNOW That's when the lightbulb goes on Meg will write her own guidebook a manual on criminal investigation But before she can impress her new boss with her pet project the author's manager is found dead on the rocks beneath the author's Gothic mansion Now it's time to put her guide to the test as Meg sets out to clear her employer of suspicion and solve the crime But there's one important caveat she'll have to add to her guide TIP 3 BEWARE OF UNKNOWN DANGERS      **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      *Low Sodium Diets* Jayne T. Maclean, 1984      **Diet for a New America**

John Robbins, 2011-03-09 Did you know that the leading killer in America cardiovascular disease is directly linked to meat consumption Or that you save more water by not eating one pound of beef than you would by not showering for a whole year Diet for a New America simply and eloquently documents these ecological concerns and more as well as the little known horrors that animals experience during factory farming Few of us are aware that the act of eating can be a powerful statement of commitment to our own well being and at the same time to the creation of a healthier world In Diet for a New America you will learn how your food choices can provide ways to enjoy life to the fullest while making it possible that life itself might continue Heeding this message is without a doubt one of the most practical economical and potent things you can do today to heal not only your own life but also the ecosystem on which all life depends Reading this book will change your life      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 **The Publishers' Trade List Annual** ,1904

**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 *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 Senior Sleuth's Guide to Technology for Seniors* David Peterka,2009-12 The Senior Sleuth s Guide to Technology for Seniors provides an overview of products that help make senior citizens lives more graceful independent invigorating and fun In this book the Senior Sleuth will investigate computers the Internet and modern technologies related to health and medication management independent living communication travel and transportation and home entertainment This lighthearted reference book provides both seniors and their caregivers with a comprehensive look at the types of technologies being produced for their specific needs **The Publishers Weekly** ,1988 **The Care and Feeding of Healthy Kids** Sara Sloan,1985 Books in Print Supplement ,1994 *AB Bookman's Weekly* ,1989-05 *Books Out-of-print* ,1986 **Library Journal** ,1988-07 **Subject Guide to Books in Print** ,1983 Routledge International Handbook of Food Studies Ken Albala,2013-05-07 Over the past decade there has been a remarkable flowering of interest in food and nutrition both within the popular media and in academia Scholars are increasingly using foodways

food systems and eating habits as a new unit of analysis within their own disciplines and students are rushing into classes and formal degree programs focused on food Introduced by the editor and including original articles by over thirty leading food scholars from around the world the Routledge International Handbook of Food Studies offers students scholars and all those interested in food related research a one stop easy to use reference guide Each article includes a brief history of food research within a discipline or on a particular topic a discussion of research methodologies and ideological or theoretical positions resources for research including archives grants and fellowship opportunities as well as suggestions for further study Each entry also explains the logistics of succeeding as a student and professional in food studies This clear direct Handbook will appeal to those hoping to start a career in academic food studies as well as those hoping to shift their research to a food related project Strongly interdisciplinary this work will be of interest to students and scholars throughout the social sciences and humanities

**The Girl Sleuth** Bobbie Ann Mason, 1995 The author of Feather Crowns examines the girl detective in her various guises including Cherry Ames Nancy Drew and Trixie Belden in a work first published in 1975 recalling a rural youth spent longing for mysteries Reprint UP

*How to* William A. Katz, Linda Sternberg Katz, 1985

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