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Filing date: **04/29/2013**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

Proceeding	91194974
Party	Defendant GFA Brands, Inc.
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Signature	/Johanna M. Wilbert/
Date	04/29/2013
Attachments	Ex 31 - 3d party use SMART WATER Website.pdf (2 pages)(129535 bytes) Ex 32 - 3d party use SMARTFOOD Website.pdf (2 pages)(155684 bytes) Ex 33 - 3d party use SMARTNOURISH Website.pdf (3 pages)(193198 bytes) Ex 34 - 3d party use SMARTTASTE Website.pdf (2 pages)(203652 bytes) Ex 35 - 3d party use SNACK SMART Website.pdf (2 pages)(150089 bytes) Ex 36 - 3d party use Heart-Smart-Diabetes-Kitchen-Flavorful-Re.pdf (10 pages)(743188 bytes) Ex 37 - 3d party use Live-The-Smart-Way.pdf (8 pages)(416414 bytes) Ex 38 - 3d party use Lose-Weight-The-Smart-Low-Carb-Way.pdf (8 pages)(488774 bytes) Ex 39 - 3d party use Smart-4-Your-Heart.pdf (6 pages)(307568 bytes) Ex 40 - 3d party use Smart-Bites-For-Babies.pdf (7 pages)(367483 bytes)

EXHIBIT 31
to GFA Brands, Inc's Notice of Reliance
Opposition Nos. 91194974 (parent) and 91196358

condensation

vapor distilled
pure as the first drop of rain

evaporation

precipitation

GLACÉAU
smartwater
hydration cycle

smartwater is inspired by the way ma nature makes water, known as the hydrologic cycle (you remember the ocean, cloud, raindrop diagram from fifth grade, right?). here's how it works: the sun (made of fire) heats the earth (covered with water) causing evaporation. this means water

[how do you make art from water?](#)

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we then one-up ma nature with electrolytes

EXHIBIT 32
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POPCORN

PUFFED CORN

POPPED CHIPS

GRANOLA POPCORN

CLASSIC POPCORN

Buffalo Cheddar Popcorn

This zesty flavor combination is inspired by spicy buffalo wing sauce, cooled by cheddar cheese. It's made even more delicious with hints of cayenne pepper, vinegar, paprika, garlic, and onion.



No Artificial Colors, Flavors, or Preservatives



Kosher



0 grams Trans Fat



No MSG

Herbs/Spices

Nutrition Facts

You and 10,630 others like this. 10,630 people



cayenne pepper

+



garlic

+



paprika

POPCORN FLAVORS



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GERBER® Organic SmartNourish™ 2ND FOODS® Purees – Vegetable Risotto with Cheese

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Product Highlights

- DHA & Choline to help support brain & eye development
- Excellent source of Vitamins A & E
- No added sugar
- No added starch or artificial flavors

Also available in: [Apple Vanilla Mixed Grain](#), [Banana Peach Granola](#), [Harvest Vegetables with Mixed Grains](#), [Pear Blueberry Oat](#), [Pear Strawberry Granola](#), [Spring Garden Vegetables with Brown Rice](#), [Garden Vegetables with Whole Wheat Pasta](#), [Macaroni & Cheese with Vegetables](#)

[Product Description](#) | [Product Features](#) | [Available Flavors](#) | [Nutritional Info](#) | [Forms & Sizes](#) | [FAQs](#)

Once your baby eats easily from a spoon and has enjoyed single grain cereals, fruit and vegetable purees, it may be time to introduce new tastes. GERBER® Organic SmartNourish™ purees have 18 mg DHA and 25 mg Choline per serving to help support brain & eye development.

GERBER® Organic SmartNourish™ is the new version of GERBER's DHA Purees.

GERBER® Organic SmartNourish™ is a smart choice for feeding your baby.

Made for Babies

- Helps baby discover the taste of natural vegetables & grains to encourage healthy eating habits

IMPORTANT NOTES

Refrigerate after opening

Use within 2-3 days after opening

Do not use if foil seal is broken or missing

Recommended Products



GERBER®
NatureSelect™ 2ND
FOODS® Nutritious
Dinners – Sweet
Potato & Turkey



GERBER®
NatureSelect™ 2ND
FOODS® Fruits –
Apple Blueberry



What's Next?



As your baby reaches new milestones, it may be time to look ahead for our **Crawler** products as your baby gets ready to self-feed.



GRADUATES® LIL'
CRUNCHIES® –
Cinnamon Maple

MORE CRAWLER PRODUCTS ▶

GERBER®
NatureSelect™ 2ND
FOODS® Vegetables –
Squash

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RONZONI® SMART TASTE® STORY

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Ronzoni® Smart Taste® Story



RONZONI SMART TASTE, one of the three Ronzoni Healthy Pastas, is enriched with Fiber, Calcium and Vitamin D -- and lots of it. RONZONI SMART TASTE has 2.5 times the Fiber of regular white pasta and is an excellent source of Calcium and Vitamin D. RONZONI SMART TASTE has the same great taste as white pasta but with even greater nutritional value.

RONZONI SMART TASTE comes in seven delicious varieties:

- Elbows
- Rotini
- Spaghetti
- Thin Spaghetti
- Penne Rigate
- Angel Hair
- Extra Wide Noodles

RONZONI SMART TASTE is part of New World Pasta, a leader in healthy pasta. Our family of brands consists of Ronzoni® Healthy Harvest®, Ronzoni Garden Delight® and the New World Pasta classic white pasta brands of Ronzoni®, Creamette®, Prince®, American Beauty®, Skinner® and San Giorgio®. New World Pasta is also home to Light 'n Fluffy® egg noodles. [Learn more about New World Pasta.](#)



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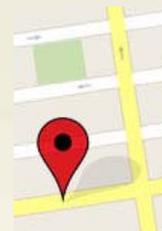
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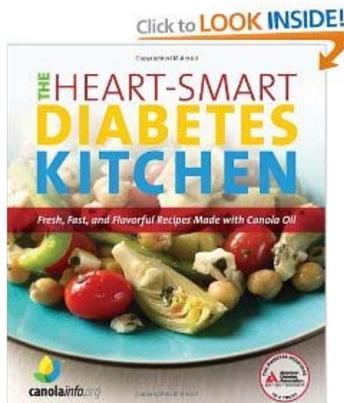
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American Diabetes Association (Author), CanolaInfo (Author)

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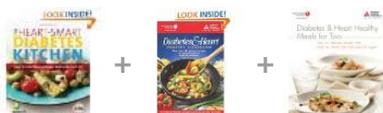
Bring the taste of fresh, natural ingredients and wholesome meals to your table. Featuring 151 recipes made with canola oil - one of the healthiest cooking oils available - this cookbook will allow you to serve dishes that are low in saturated fat and cholesterol but high in flavor in no time. It's just what the doctor, and your inner chef, ordered.

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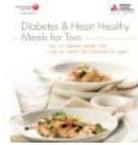
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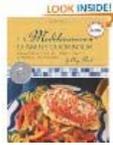




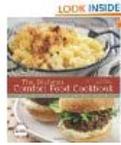
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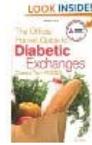
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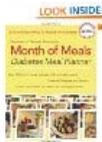
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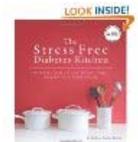
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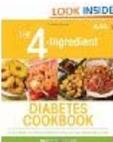
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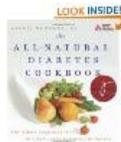
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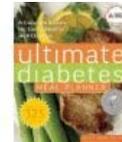
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About the Author

About the Authors

The Heart-Smart Diabetes Kitchen is brought to you by the American Diabetes Association and CanolaInfo. ADA is the nation's leading volunteer health organization supporting diabetes research, information, advocacy, and publication of comprehensive diabetes information. CanolaInfo is a nonprofit information source about canola oil.

Nancy S. Hughes is the recipe developer for *The Heart-Smart Diabetes Kitchen*. She has created over 4,000 recipes and written 12 cookbooks, including ADA bestsellers *The 4-Ingredient Diabetes Cookbook*, *Quick and Easy Low-Carb Cooking for People with Diabetes*, and *Last Minute Meals for People with Diabetes*.

Product Details

- Paperback:** 230 pages
- Publisher:** American Diabetes Association; 1 edition (October 5, 2009)
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- ISBN-10:** 158040331X
- ISBN-13:** 978-1580403313
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- Shipping Weight:** 1.3 pounds ([View shipping rates and policies](#))
- Average Customer Review:** ★★★★★ (4 customer reviews)
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★★★★☆ **Canola Oil** May 5, 2010

By [R. Belanger](#)

Format: Paperback | [Amazon Verified Purchase](#)

The recipes in this cookbook are, of course, healthy since it was supported by the American Diabetes Association. However, when I bought it I did not know that it was really published by the Canola industry. Every recipe calls for that oil. Not that the oil isn't good for you but I felt, first, that it was just a big advertisement I had paid for. My second objection is that many of the recipes called for "exotic" or not ordinary products you would have in your pantry. I don't like having to buy a whole bottle of an "exotic" ingredient when the recipe only requires 1/4 teaspoon. I'm disappointed in the American Diabetes Association and the cookbook.

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6 of 7 people found the following review helpful

★★★★★ **great cookbook and I am not diabetic nor have heart problems** March 29, 2010

By [gourmet girl](#)

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I would recommend this book to anyone. It is easy and recipes can be prepared in less than 30". I have even given this book as a gift. All the meat recipes are awesome especially the pork tenderloin ones.

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2 of 2 people found the following review helpful

★★★★★ **Surprisingly Simple & Great Tasting Recipes!!** April 26, 2011

By [Susan D. Smith](#)

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I purchased this book to try after my Mom had open heart bypass surgery and I was taking care of her as well as my husband has Type 2 diabetes. She needed to keep her sodium under 2000 mg per day. I particularly thought it was great because it listed calories, sodium, etc. making it easy for me. I was pleasantly surprised when both my husband and my mother really enjoyed each recipe I made for them from this book. I don't eat meat other than fish and I especially enjoyed the crab cakes and they are easy to prepare even for guests. I prepare meat dishes for them and I enjoy the marinated Italian vegetable toss. As someone else said, the pork recipes are great as well. I would recommend this book to anyone who likes to cook and wants to find good tasting food while keeping track of their sodium and fat and calorie intake. And for those who don't care, just enjoy the great tasting food. P.S. Try the french toast!! Really good!

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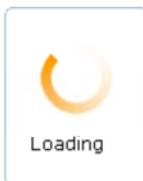
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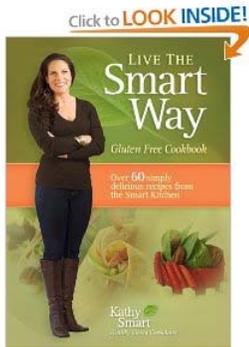
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Kathy Smart (Author)

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Book Description

Release date: **September 19, 2011**

Kathy Smart is a holistic chef with a passion for food and life. As a nutritionist and a personal trainer with 14 years of experience, Kathy is intimately familiar with food both as fuel and as a source of comfort. However, as an individual with celiac disease, her love of good food was limited, and flavour was often compromised. In an effort to level the playing field, she engaged the skills of another foodie with a passion for fine French cuisine and combined the best of both worlds. Live the Smart Way offers over 60 simply delicious recipes from the Smart Kitchen that include nutritional analyses and smart facts and tips. Here the timeless traditions of the world of French gastronomy meets the Smart World to bring you great food that just happens to be good for you, too! Welcome to the Smart Kitchen!

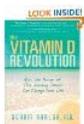
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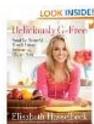
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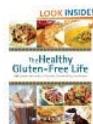
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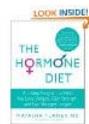
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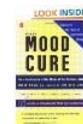
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About the Author

Kathy Smart has over 14 years experience in the health and fitness sectors. She is a registered nutritional consultant with the Canadian Examining Board of Health Care Practitioners, a registered sports nutrition advisor, and a registered personal fitness trainer with the Canadian Association of Fitness Professionals. Kathy lives in Ottawa.

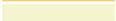
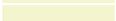
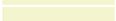
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Kathy's gluten-free, high protein pancakes are one of our favourite recipes and have been featured on our blog [...]

Kathy's recipes are perfect for those on a gluten-free diet, and they are low glycemic/diabetes friendly. This is one of the best and highest quality gluten-free cookbooks available.

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EXHIBIT 38
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Lose Weight the Smart Low-Carb Way: 200 High-Flavor Recipes and a 7-Step Plan to Stay Slim Forever (Prevention Health Cooking) [Bargain Price] [Hardcover]

Bettina Newman R.D. (Author), David Joachim (Author)

★★★★☆ (17 customer reviews)

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Book Description

Publication Date: **April 6, 2002** | Series: **Prevention Health Cooking**

From Atkins to The Zone, low-carbohydrate diets have taken the country by storm. But despite their popularity, they have a downside.

Many require that you give up virtually all carbohydrates-- not only favorites like bread and pasta, but healthy foods like fruits, vegetables, and whole grains. Such low-carb diets are nutritionally unsound, alarmingly low in calories and nutrients, and dangerously high in heart-harming fat.

But breakthrough research into how and why low-carb diets work convinced Bettina Newman, R.D., that limiting the intake of carbohydrates can lead to safe, healthy weight loss-- if it's done right. Teaming up with *Prevention* magazine, America's premier health magazine, Bettina developed this moderate, nutritionally sound low-carb approach to weight loss.

Packed with delicious recipes, this book doesn't ask you to eliminate carbohydrates completely. Nor does it foolishly recommend feasting on pork rinds and butter, as some low-carb diets do.

What it does is to offer up a simple, seven-step plan for shedding excess pounds the smart, healthy low-carb way-- along with 200 flavorful low-carb recipes for snacks, sandwiches, easy one-dish dinners, even desserts!

In short, there's a low-carbohydrate eating plan that works in the real world. It allows you many of your favorite foods, like pasta, grains, and potatoes. It contains adequate calories, so you don't experience hunger pangs or miss out on important nutrients. And it isn't dangerously high in fat, so you won't increase your risk of developing heart disease.

Nor will you miss out on taste. One look at the recipes-- Chocolate Hazelnut Flourless Cake, Whole Grain Pancakes with Berry Cream Syrup, Pesto Chicken Sandwich with Roasted Peppers-- will convince you of that. And you'll love the inspiring, real-life stories of people who lost weight the smart low-carb way and have kept it off for as long as 15 years!

You'll also find:

- * Six weight-loss plans for every need-- choose the calorie and carb levels that are right for you
- * Insider tips on mastering a low-carb diet
- * A "cheat sheet" for stocking the smart low-carb kitchen
- * How to conquer the dreaded weight-loss plateau
- * The Smart Low-Carb Food Pyramid
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From Publishers Weekly

Newman and Joachim explain the science behind a low-carb success and why low-carb does not mean no-carb, but rather the right sort of carbohydrates those with a low glycemic index. Unlike many other low-carb diets, this one promotes not high-fat and refined sugars but unsaturated fat instead of saturated fat, moderate amounts of lean protein, adequate fiber and the key elements of calorie control. The authors provide a low-carb pyramid of suggested eating proportions and begin with a seven-step weight loss program that promotes eating whole grains, controlling portion size and getting exercise. Each recipe (supported by a seven-day eating plan) includes a chart indicating the number of calories, diet values and diet exchanges. These are easy, basic dishes from the Hearty Country Vegetable Soup to the Lamb Chops with Olives. While many recipes are nicely spiced (such as the Turkey Drumstick Curry and Curried Chicken with Coconut), some, such as the Baked Cod with Lemon and Olive Oil, can be bland. These simple recipes are interspersed with time-saving and flavor tip sidebars and include more than 90 full-color photographs.

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Review

"This healthy low-carb cookbook/health book is for everyone who loves great-tasting food and wants to look and feel good for life. It's a unique offering that delivers inspiration, motivation, solid science, and sinfully delicious food."--Ann Louise Gittleman, N.D., C.N.S., M.S., author of *The Fat Flush Plan* and *Eat Fat, Lose Weight*

"Finally a cookbook that combines all of the good principles of lowering carbohydrates in your diet (and none of the bad ones), without sacrificing a drop of flavor. The recipes are mouthwatering, delicious, and best of all, they take advantage of the best, freshest foods without reliance on prepackaged 'diet' foods or fake foods! Good information about keeping yourself trim and healthy for life!"--Robyn Webb, author of *Express Lane Diabetic Cooking* and *The Diabetes Food and Nutrition Bible*

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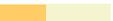
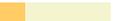
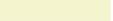
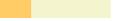
Hardcover: 384 pages
Publisher: Rodale Books (April 6, 2002)
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ISBN-10: 157954438X
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Product Dimensions: 9.1 x 7.1 x 1.3 inches
Shipping Weight: 1.6 pounds
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 3.4 out of 5 stars

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“The index is very well laid out and you will find it easy to use.”

Daniel F. Moore | 5 reviewers made a similar statement

“It's a great start for anyone who doesn't want to go to diet extremes.”

“

Jorge Muniz Jr. | 1 reviewer made a similar statement

“There are so many really good choices now, that purchasing this one would not be very "smart".”

“

LG

Most Helpful Customer Reviews

74 of 78 people found the following review helpful

 **At the Diet Forefront** April 14, 2002

By Pix_Z

Format: Hardcover

Typical of publications from the Prevention magazine staff, "Lose Weight the Smart Low-Carb Way" takes into consideration the latest medical research to create a diet that helps you lose weight the healthy way. Unlike other low-carb diets like Atkins, it doesn't go to extremes. It doesn't recommend you go into a state of ketosis (the body's alternate way of getting energy when it doesn't have enough carbs), but rather, it advocates somewhat reduced carbs and choosing less harmful types of carbs.

Authors Bettina Newman and David Joachim first explain the whys behind low-carb dieting. I found particularly useful a section which addresses common concerns about low-carb diets such as whether the diet will have a detrimental effect on cholesterol levels. Newman and Joachim don't load you down with a bunch of theory on your body's metabolic response to this or that. In fact, theory and diet plan make up only about 20% of the book, and some of the 20% are personal triumph stories and diet menus for various calorie ranges. The majority of the

book is recipes.

They then outline the diet plan. Although they start out with the basic principles which can be used alone, for those who do better watching grams and calories, more specific diet recommendations involving calorie counts and grams are provided. A simple calculation based on how active you are tells you how many calories you should aim for. For those who can't make the switch the book encourages a slow weaning from our previous eating habits, as even making one little change like not eating sugar can cause weight loss. Sprinkled throughout the book (including in the recipes section, so make sure you go through every page) there are valuable tips such as how to recognize alternate names for sugar ("hidden" sugar).

The recipes so far range from good to very good. I've made about 4 or 5, and I plan to make all the ones I've tried so far again. They are very easy to make, so they fit into a busy lifestyle. One I prepared took much less time than I thought, so I had to take a break and play computer games with the extra time I had allotted for cooking dinner! Most use very common ingredients or have substitutions suggested for more exotic ingredients.

Since I already ate largely the way it says to when I got the book, I can't attest to losing so many pounds which were a direct effect of this book's diet. When I did switch to eating this way, however, a small amount of weight mysteriously disappeared without any effort (I'm about average weightwise, so I wouldn't expect much more), even though I was eating more oils. I also stopped snacking constantly, and my blood profile improved immensely.

Those of you who get this book as their first diet book will be lucky. I had to read several diet and health books, consider the information, and combine the best pointers from each to come up with essentially what "Lose Weight the Smart Low-Carb Way" advocates. If you want to lose weight or ever just eat healthier and are fed up with dieting is not for you, give this book a try. It is a reasonable diet plan which people can stick to, based on the latest medical research.

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54 of 57 people found the following review helpful

★★★★★ **Low Carbohydrate Diets Are Boring.....Not Anymore!!!!** August 31, 2002

By Daniel F. Moore [VINE™ VOICE](#)

Format: Hardcover

While still villified by some in the medical community and particularly by the low fat gurus, low carbohydrate diets are proving to be successful and healthy. The problem for me, as one who has used the Atkins' guidelines is that low carbohydrate diets are BORING!! To maintain a state of ketosis requires a daily carbohydrate intake of between 20-30 grams. The list of Atkins' approved foods is limited at best. Certainly, it is great to be able to eat all of the meat and eggs that you want, but let's face it, bacon and eggs for breakfast gets old very quickly. Green veggies are great and low in carbohydrates, but I love carrots and it is a real sacrifice to give up all root vegetables. Fruit too, is pretty much disdained by Atkins and this too, adds to the tedium of the dietary repertoire.

So along comes 'Lose Weight the Smart Low-Carb Way', which articulates a seven step approach to losing weight. To my absolute delight, the first two steps say to eat more grains and eat more veggies and fruit. To be sure, the remaining steps focus on sensible choices (lean meats, smaller portions, avoiding 'trigger' foods) and all of a sudden, what for me has been a short-term diet is now a reasonable and easy-to-maintain lifestyle. By the time you have reached page 79, (and you might want to re-read pp. 1-79), you will have a thorough understanding of why a low-carb diet works, how to get started, and how to make the program work for your lifestyle and tastes. The authors will give you lots of tips for food selection and substitution.

The bulk of this book is dedicated to cooking low carbohydrate meals. You may note that the recipes employ a liberal use of spices and herbs to enhance the flavor. This of course allows you to tailor the dish to suit your tastes. Most of the ingredients are readily available and preparation time is minimal. Nutritional information is provided with each recipe and for diabetics, diet exchanges are also itemized. Many beautiful photos of recipes are included and there are success stories printed throughout. The index is very well laid out and you will find it easy to use.

Overall, I like this book. There are some recipes that are high in carbohydrates and should be used sparingly, but for the most part, this is a book that will help you to shift your current eating habits to a healthy low-carbohydrate lifestyle. I don't think of this as a 'diet' anymore....it tastes too good!!!

[1 Comment](#) | Was this review helpful to you?

32 of 32 people found the following review helpful

★★★★★ **A low-carb book with normal ingredients!!!** July 31, 2003

By H. Faltas

Format: Hardcover

I've been looking for a low-carb diet that I can actually stick with past 90 days. One that doesn't require me to run to Whole Foods or a specialty grocer every other day to get some arcane ingredient. I've investigated Atkins, both pro and con, it's ok but I have serious questions about sustainability. I can't figure out the new age mumbo-jumbo on The Zone's website. I just want a lower carb, not fanatically low but lower, diet that I can stick with using "normal", easy-to-find and cheap ingredients. THIS IS IT!

I've read all the reviews, I guess you either love it or hate it. It seems from my research and experience with Atkins followers that Atkins is quicker, and better for flash weight loss. But if you're willing to take the slow road and are in this for the long haul, I highly recommend this book. Contrary to the more militant Atkins Addicts, there is a middle road between Induction and Binging.

Common sense, sustainable, real-world, few special ingredients. That's what I was looking for. And I found it with this book.

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★★★★☆ **Easy to follow, well made, good quality and great recipes.**

This is a must have for those who are considering lowering their carb intake. Easy to follow recipes make for delicious, no mistake, low carb or no carb items

Published 22 days ago by Layne Newman

★★★★★ **NOT RECOMMENDED FOR ATKINS DIET**

I could not believe that some of these recipes contain from 4 - 48carbs

For people on the Atkins Diet this book is not a good idea; yes it does show you how to eat smart... [Read more](#)

Published on March 7, 2011 by J. Ly

★★★★★ **Recipes are great!**

This is my favorite recipe book. Every weekend, I pick out 7 recipes for the next week, buy the groceries for those, and then cook a different recipe every night. [Read more](#)

Published on March 22, 2010 by Sharon Geraghty

★★★★★ **Great recipes!**

I don't typically take the time to write reviews but I was actually looking for this book to replace one that I already have. [Read more](#)

Published on December 3, 2009 by Jorge Muniz Jr.

★★★★★ **very effective**

This book happens to describe to a "I" how I ended up eating for good health. It has an excellent 7-step plan and is chock-full of information and useful tips. [Read more](#)

Published on July 21, 2009 by A customer

★★★★☆ **NOT a low carb cookbook**

I should have known that with Rodale as the publisher, this would not be a typical low carb cookbook. [Read more](#)

Published on January 15, 2009 by D. P. Taylor

★★★★☆ **OK**

This book is a good one for new Glycemic Index readers. If you are well read on the subject at all, then skip it.

Published on January 18, 2007 by S. Sylvester

★★★★☆ **This one is "carb smart"**

If the Prevention Lose Weight the Smart Low Carb Way had been my first "low carb" book, I would have done better with the diet and been less frustrated with low carb dieting. [Read more](#)

Published on February 28, 2006 by A. Reum

★★★★☆ **Not a low carb book**

I bought this book and gave it away to someone that is doing Weight Watchers. This book is NOT a low carb book. In fact some of the recipes call for sugar! [Read more](#)

Published on May 13, 2004

★★★★★ **The SMART Low-Carb Way**
This book is all about intelligent low-carb choices to trim excess sugars (and fats and calories) out of your diet. It is not--thank God! [Read more](#)
Published on March 3, 2003

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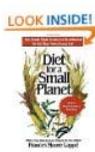
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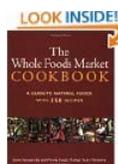
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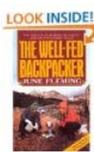
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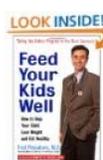
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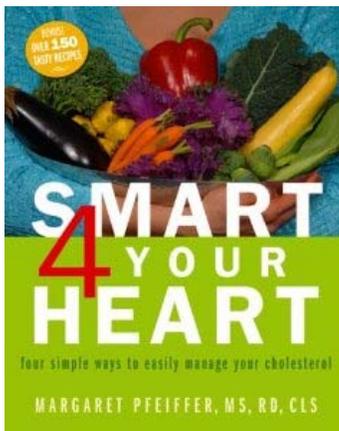
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Smart 4 Your Heart four simple ways to easily manage your cholesterol [Hardcover]

Margaret Pfeiffer (Author)

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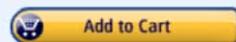
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Smart 4 Your Heart is the ultimate guidebook that has gathered the most complete and current information into one source, guiding you through your journey toward achieving a healthy heart. Many people are not sure where to turn when they are told their cholesterol is high. Where do you go for help? What should you do? Where do you start? Where do you find all the information and answers to your questions? Smart 4 Your Heart will give you the tools to take charge and zero in on the areas where you need special assistance. It is almost as if you are having a personal consultation to find out what you should and shouldn't eat, as well as deciphering portion sizes, and uncovering all those hidden little saboteurs in food that will derail your goal of heart health. Use it to achieve cholesterol levels your heart can live with. Pinpoint ways to achieve results faster through personal assessments, and test your knowledge with interactive quizzes. It includes sample menus, and more than 40 charts including food sources of soluble fiber, calcium, magnesium, omega-3 content of seafood and saturated fat content of meat and poultry.

Smart 4 Your Heart is divided into two major sections a resource guide and a healthy living cookbook with more than 150 recipes. Written in an easy-to-read style, the resource guide details the fundamentals of cholesterol management. Smart 4 Your Heart shows you how to use food to optimize your health. Strategies for grocery shopping, eating out, reducing sodium, listing of gluten free grains and weight management suggestions help you apply good choices in everyday situations and create a healthy plate at each meal. The cookbook section is a collection of recipes to help you and your family eat in a delicious and heart healthy manner. Quick breakfast and meal ideas are included. Each recipe is kitchen tested and comes with a complete nutritional analysis which includes soluble fiber, saturated fat, potassium, vitamin K and omega-3 content along with other nutrients such as fat, calories, cholesterol and sodium.

Discover how to:

Reduce inflammation and metabolic syndrome

Lower cholesterol, triglycerides and LDL particles

Increase HDL

Eat to protect your heart with the right fats and low glycemic carbohydrates

Select fish or fish oil in the amount right for you

Plan and prepare simple, tasty heart healthy meals

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Editorial Reviews

About the Author

Margaret Pfeiffer is a practicing cardiac nutritionist and a board certified clinical lipid specialist. On staff with ProHealth Care Regional Heart and Vascular Center, Margaret works in Preventive Cardiology. She has provided practical nutrition solutions to cardiac rehabilitation patients for more than 15 years. A Registered Dietitian with the American Dietetics Association, she has developed and facilitated healthy cooking classes, presented nutrition seminars and conducted a variety of food demos. Margaret has a passionate interest in healthy cooking and believes healing your heart begins in the kitchen.

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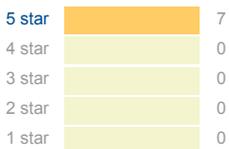
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Customer Reviews

★★★★★ (7)
5.0 out of 5 stars



“ This book was easy to follow, and provided great ideas that were quite simple to implement. ”

P. Mayer | 5 reviewers made a similar statement

I got one for myself, one for my mother, and intend to buy at least one more for my mother-in-law. ”

“

Meg Hayes | 4 reviewers made a similar statement

Even if you only make a few changes after reading this book, you will be on the road to improved health. ”

“

Julie Larsen, MD | 3 reviewers made a similar statement

[See all 7 customer reviews](#)

Most Helpful Customer Reviews

3 of 3 people found the following review helpful

★★★★★ **It works!** June 28, 2009

By [Jeanie B](#)

I had my first consultation with Margaret Pfeiffer almost 2 years ago. My Lipidologist referred me to her. My starting weight was 200 lbs. and I have lost 40 lbs. -- my goal weight.

I have either been allergic or unable to tolerate any of the cholesterol drugs prescribed by my doctors. When my first post-menopause cholesterol test was 350, I felt like a heart attack waiting to happen. Not only that, but I was told I am pre-diabetic, too!

Margaret was writing this book when I first started seeing her and the dietary lifestyle changes she helped me make are the same she outlines in her book.

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Without drugs I will probably never get my cholesterol under 200, but I will accept that! I can live with a 135 point drop in total cholesterol! My lowest has been 214!

About a month ago, I attended one of Margaret's classes where she introduced her book. I bought one and love it. The recipes are great. Of course, the cheesecake recipe is my favorite.

With Margaret's help, I learned to make the right food choices, journal, count calories and weigh and measure my food. I did all this faithfully for over a year and steadily lost weight. The chapters that explain how many calories, carbs, fats, etc. to consumer a day help you customize your dietary needs. It is like sitting across a table from a dietitian.

Now, I journal at least 4 days a week. This keeps me from regaining the weight. It is very easy to start lying to myself about portion size.

I exercise at least 5 days a week. I am a 57 year old woman and don't want to commit myself to strenuous exercise. I walk, ride my bike and take an aquasize class. I chose what I want to do and do it for an hour. I usually wear a polar pacer monitor so I can see I'm in my HR zone.

I do take some of the vitamin and mineral supplements outlined in the book. My lipidologist and internist okay'd this. I also drink the green and rooibos teas every day -- love them! I also got an ok from my docs on the green tea because I take aspirin daily.

Everyone is different. I am fortunate that following this lifestyle plan has helped me improve my cardiac and diabetes risk factors. It is well worth your time to use this book as a roadmap of how to navigate healthy, good food choice.

Try it; you will like it.

[Comment](#) | Was this review helpful to you?

3 of 3 people found the following review helpful

★★★★★ Excellent, easy reading for better heart health for the whole family! February 27, 2009

By [Meg Hayes](#)

This is one of the best non-fiction books I have ever picked up! Smart 4 Your Heart is so easy to read, extremely simple to navigate, and packed full of useful information. Utilizing simple language, quizzes, and side-bar notes this book was easy to read consecutive chapters, or jump around without getting lost. I discovered great tips for daily living, delicious recipes, and pages of resources for more information.

With a family history of high cholesterol and blood pressure, I am always looking for ways to make my lifestyle more heart-healthy. Smart 4 Your Heart helped my mother, husband and I find the right fish oil pills, plus navigate the world of teas (green, black, rooibos, oh my!). We found recipes that are tasty and easy, and incorporate what our heart-health needs (like more fiber, no trans fat, and less saturated fat). I love how this book explains WHY we need these things (or fewer of) instead of just saying "Do this!"

This book was definitely a great purchase. I got one for myself, one for my mother, and intend to buy at least one more for my mother-in-law. Additionally, I intend to use this book as a guide for raising my toddler to be conscious of heart-health. Hopefully the family history of heart disease will end with this generation!

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★★★★★ Simple, common sense approach February 19, 2010

By [P. Mayer](#)

This book was easy to follow, and provided great ideas that were quite simple to implement. 4 months after reading the book, my cholesterol is down about 40 points, and I don't feel like I am making any sacrifice. The great recipes included are a nice bonus as well.

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Published 21 months ago by [Kikiamommy3](#)

★★★★★ A great book for anyone trying to improve their health.

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Published on September 30, 2009 by [Julie Larsen, MD](#)

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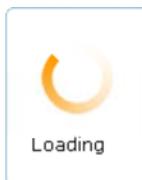
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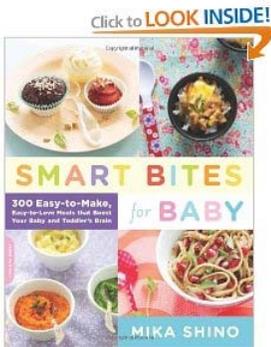
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Mika Shino (Author)

★★★★★ (3 customer reviews)

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Publication Date: **August 7, 2012**

Even though we know that babies and children learn primarily through their senses, American babies are still eating mushy food from a jar--at a time when their brains are growing exponentially and they are most open to trying new things. *Smart Bites for Baby* offers a better approach to cooking for babies and toddlers. Drawing on world cuisine, this cookbook includes 300 easy recipes made with nutrient-rich ingredients, such as fish, berries, and sesame. The meals emphasize color, texture, and flavor, and are proven to engage and stimulate the growing brain. Parents will also find more nutritious versions of the foods toddlers love, from mac n' cheese to popsicles. Shino's smart bites nourish the minds and bodies of our children.

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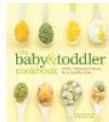
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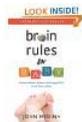
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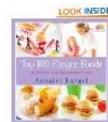
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Editorial Reviews

Review

Parents.com, 8/21/12
"Mom Must Read."

Bamboo Family Magazine, 11/1/12
"Mika Shino teaches us how to prepare foods for babies and toddlers that maximize absorption of nutrients and stimulate the senses."

Mom.me, 11/8/12
"Not only do her recipes introduce foreign flavors to tiny tongues, but they also use nutritious ingredients important for brain function and overall growth. And hey, you might discover a new favorite food for yourself, too!"

Baton Rouge Parents Magazine, November 2012
"Parents looking to introduce their children to new foods that will stimulate their brain and make dinnertime fun will love this book."

About the Author

Mika Shino, a chef trained at Le Cordon Bleu cooking school, is the mother of a three-year-old son and lives in Washington, DC, and Paris.

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 **Excellent** December 8, 2012

By [cj](#)

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I received my book in decent time and was in great condition. I have cooked a few recipes for my 6 month old and he loves them. I also like the healthy options for my young one as well.

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 **Good healthy book** December 12, 2012

By [Jen](#)

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