



Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution

By David Zinczenko, Matt Goulding

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Americans spend more than \$500 billion a year eating out, and behind each burger, turkey sandwich, and ice cream sundae is a simple decision that could help you control your weight--and your life. The problem is, restaurant chains and food producers aren't interested in helping you make healthy choices. In fact, they invest \$30 billion a year on advertising, much of it aimed at confusing eaters and disguising the fat and calorie counts of their products.

Thankfully *Eat This, Not That! Restaurant Survival Guide* - by David Zinczenko with Matt Goulding - is here to help. It's the first book in the *Eat This, Not That!* series to focus solely on burger shacks, pizza parlors, pasta joints, breakfast diners, Mexican cantinas, Chinese eateries, drive-thrus, and coffee shops. With in-depth coverage of 80 of the biggest restaurant chains in the country, it arms you with the information you need to take control of your diet and sidestep the egregious calorie-landmines that are secretly sabotaging your chances of losing weight. And why would restaurants do such a thing? Because people keep buying. The top brass at any restaurant knows that the more food that goes onto the plate, the more drastically the customers will underestimate the caloric heft. That's why the average cheeseburger has 136 more calories today than it did in the 1970s and why two-thirds of the country is now overweight or obese.

Additional features in *Eat This, Not That! Restaurant Survival Guide* include:

- Restaurant Report Card: America's Best and Worst Restaurants
- The Menu Decoder: rules for navigating any menu in the country
- The Buffet Survival Guide
- The New Rules of Eating Out
- 50 Great Restaurant Meals under 500 Calories
- Money- (and Calorie-) Saving Guide to Making Your Favorite Restaurant Meals?at Home!

Loaded with tips on everything from navigating neighborhood restaurant menus to making smart choices in the drive-thru to cutting cash and calories at the country's largest chain restaurants, *Eat This, Not That! Restaurant Survival Guide* is the indispensable encyclopedia to the world of eating out.

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Editorial Review

Review

“I love nutrition, I've gone to nutritionists, but putting it in this kind of stuff that we recognize in our everyday lives with our families, is truly educational. This is great.” ?Bonnie Hunt, host of The Bonnie Hunt Show

“Don't stop eating the things you love just be cognizant when you walk in the restaurant of how much sodium is in your dishes.” ?Dr. Travis Stork, co-host of The Doctors

“For all the criticism [Eat This, Not That!] leveled against some of these restaurant chains in the past, they are listening and making improvements.” ?Matt Lauer, co-host of the Today Show

“I Think Eat This, Not That! is a brilliant book.” ?Rachael Ray

“We eat out all the time, and this is the fastest, cheapest, smartest plan I can imagine. It really revitalized our family.” ?Dusty Robinson, Eat This, Not That! reader, who used this book with his parents and they lost a combined 70 pounds.

About the Author

DAVID ZINCZENKO, editor-in-chief of *Men's Health* magazine, is the author of the *New York Times* bestsellers *The Abs Diet* and *The Abs Diet for Women*. He is a regular contributor to the *Today* show and has appeared on *Oprah*, *Good Morning America*, and *Primetime Live*.

MATT GOULDING is the food and nutrition editor of *Men's Health*. He has cooked and eaten his way around the world, touching down in Allentown, Pennsylvania.

Users Review

From reader reviews:

Clemencia Torres:

Information is provisions for people to get better life, information currently can get by anyone with everywhere. The information can be a understanding or any news even a huge concern. What people must be consider whenever those information which is in the former life are challenging be find than now could be taking seriously which one is acceptable to believe or which one the resource are convinced. If you obtain the unstable resource then you buy it as your main information you will see huge disadvantage for you. All of those possibilities will not happen in you if you take Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution as your daily resource information.

Johnnie Santiago:

Your reading 6th sense will not betray a person, why because this Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution publication written by well-known writer who knows well how to make book which might be understand by anyone who else read the book. Written within good manner for you, leaking every ideas and composing skill only for eliminate your own hunger then you still question Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution as good book not just by the cover but also by content. This is one guide that can break don't evaluate book by its cover, so do you still needing yet another sixth sense to pick that!? Oh come on your studying sixth sense already said so why you have to listening to a different sixth sense.

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