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



## Synopsis

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.

## Book Information

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## Customer Reviews

"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.

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.

I heard about the "Eat This, Not That " books and decided to order the 'restaurant survival' one since I am on the road traveling a lot. I found the book very helpful, informative and easy to read/flip through. Since I've had it, I have been much more aware of what I eat and put more effort into eating food that has actual nutritional value. I have been wanting to lose weight but not had the willpower/motivation to do so. This book is a great start in the right direction! I also bought the "Eat This, Not That 2010" and it is also great. The 2010 version has a lot more info like what to eat at Thanksgiving, what to buy at the grocery store, etc.... than this more specific 'restaurant' version. If you are only going to buy one---you should go with "Eat This, Not That 2010". (it's got a yellow cover and has pizza on it). Good luck!!

Here is something really interesting. The foods that we like to get when we are out can really be scary. There is so much fat and sodium that you have to have a friend that can just suggest a different place to get the same food that you want but in a healthier package.

Everyone should read this book before stepping foot in a restaurant. The layout of the book is great and includes glossy color pictures. Very helpful information if you are trying to make better food choices when you eat out!

You wouldn't believe what you think is healthy or low cal food, or a "good" fast food choice, so isn't! And OMG! THE SALT CONTENTS OF FOOD, AGAIN, OMG! Don't just look at the pix. So incredibly informative, read the side bars! Take notes. I own every one! Except the kid one, no kids. But thinking about buying it cuz it just might be useful too. I bought them used, through , and they were all like new. For a large fraction of what they cost new. I love every one. The information is priceless! Get them all if you can. Would rate 10 stars! 16 pounds in three months, lost!!!! Eating foods I love! Shaving off hundreds of daily calories with minor changes. I could go on & on & on. Buy it, you won't be sorry!

These books are the very best. My daughter lost two pounds in a couple of weeks by just changing her yogurt to the Greek yogurt and her breakfasts to what these books recommended. Wow. The recipes are delicious. The recommendations are common sense. We need teaching now and then since lifestyles are so very different from when I was a child. Family meals together and home cooked. No snacks and snack items kept in the house. I never had a weight problem until all that ended with lifestyle changes. These books are easy to read and well illustrated with simple recipes and suggestions. This restaurant one is a treasure. Little changes, big, healthy weight loss. How could that not be good?

This book was brought for my husband and he likes it. He needed to change his diet. This book tells you can eat out without eating the wrong food.

good reading

Oh my. Heard about this book and looked for it at a good price and found it here. You should do the

same as you'll be amazed at what the book shows in terms of calorie content. This arrives in no time at all

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