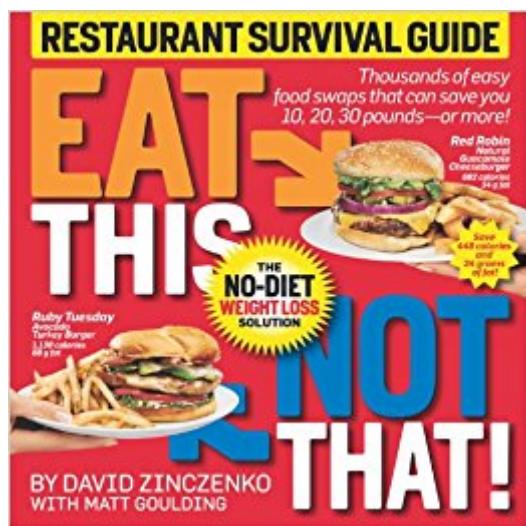


The book was found

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  Eat 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

Paperback: 336 pages

Publisher: Rodale Books; 1 edition (November 24, 2009)

Language: English

ISBN-10: 160529540X

ISBN-13: 978-1605295404

Product Dimensions: 6.5 x 0.6 x 6.6 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.4 out of 5 stars 152 customer reviews

Best Sellers Rank: #115,972 in Books (See Top 100 in Books) #69 in Books > Reference > Consumer Guides #81 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #801 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

Ã¢ "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.Ã¢ • Ã¢ " Bonnie Hunt, host of The Bonnie Hunt ShowÃ¢ "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.Ã¢ • Ã¢ " Dr. Travis Stork, co-host of The DoctorsÃ¢ "For all the criticism [Eat This, Not That!] leveled against some of these restaurant chains in the past, they are listening and making improvements.Ã¢ • Ã¢ " Matt Lauer, co-host of the Today ShowÃ¢ "I Think Eat This, Not That! is a brilliant book.Ã¢ • Ã¢ " Rachael RayÃ¢ "We eat out all the time, and this is the fastest, cheapest, smartest plan I can imagine. It really revitalized our family.Ã¢ • Ã¢ " 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 lo 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 restaurand 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 with out 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

[Download to continue reading...](#)

DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo

Diet, Lose Weight Fast, Flat Belly) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)