



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

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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Paul Butler:

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Sharon Grace:

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Ethelyn Allen:

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