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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

"Eat This Not That" by David Zinczenko with Matt Gououlding is described on the cover as a "Restaurant Survival Guide" and "The No-Diet Weight Loss Solution." The restaurant survival guide is pretty accurate if surviving a restaurant is choosing lower calorie foods over those with sometimes more calories for a meal than you should be eating all day. The no-diet weight loss solution is based on just eating the healthier choices provided which will automatically cut calories and thus, lead to weight loss if all other factors remain the same. Obviously, losing fat has a number of variables. Your exercise is a huge one, and what you consume is another. This book will help you make smarter choices when dining at your favorite restaurant so that you consume less calories. It does not have all the choices you will face when staring at a menu, but has some of the best and worst for you to compare. The book starts with a brief introduction regarding restaurant choices and how Americans have gotten fatter over the years. It then tells you how this book can help. I agree, the book can help. The book then shares a couple of "top swaps" before explaining the new rules of eating out. This section provides some good tips to help you stay on your diet and eat healthier. This section also shares some secrets the restaurants don't want you to know, such as how many calories supersizing adds, what's in a Chicken McNugget, or what's in a Wendy's Frosty. Next comes a chapter on the best and worst restaurant foods in America. Things such as the Best Kid's Fast Food which they list as McDonald's 4-Piece McNuggets with Apple Dippers, Caramel Dip, and 1% milk. (Personally, we've gotten this for our daughter, but don't give her the Caramel Dip - why ruin a perfectly good apple?

You go to Burger King with your family and you think by ordering a BK Big Fish Sandwich for yourself, you're doing the right thing. Meanwhile one of your children orders two, not one, but two Whopper Jr's, and the reality is you are taking in more calories than your son. You eat the fish and you wind up hurting yourself. You go to TGIF, you order the Pecan Crusted Chicken Salad, it sounds great, chicken is good for you, and so is salad. You have just consumed 1300 calories. Try the Asian Sesame Chicken Salad at Panera Bread and you have cut 950 calories from that meal. There is no other way to know what you are eating than to have a book like this at your side. Is it any wonder that we as Americans are up 20 to 30 pounds on average from our relatives in the 1960's?

The cards are stacked against us, or in this case, the foods. It's because restaurants are out for the buck, and they want their food costs to be as low as possible. To do that they think about 3 words constantly. They are FATS, SALTS, and SUGARS. By utilizing the maximum amounts of these three ingredients, they can give you flavors which you desire, but not the quality and nutrients which you need, and there is no way for you to tell the difference. There are five chapters in this book. They are: 1) The New Rules of Eating Out 2) The Best and Worst Restaurant Foods in America 3) At Your Favorite Restaurant 4) Menu Decoder 5) The Captive Eater's Survival Guide Every chapter is crammed full of fascinating information that you simply cannot be without. The pictures are extraordinarily helpful. This country spends over \$500 million on health and fitness books, over \$18 billion on health and clubs.

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