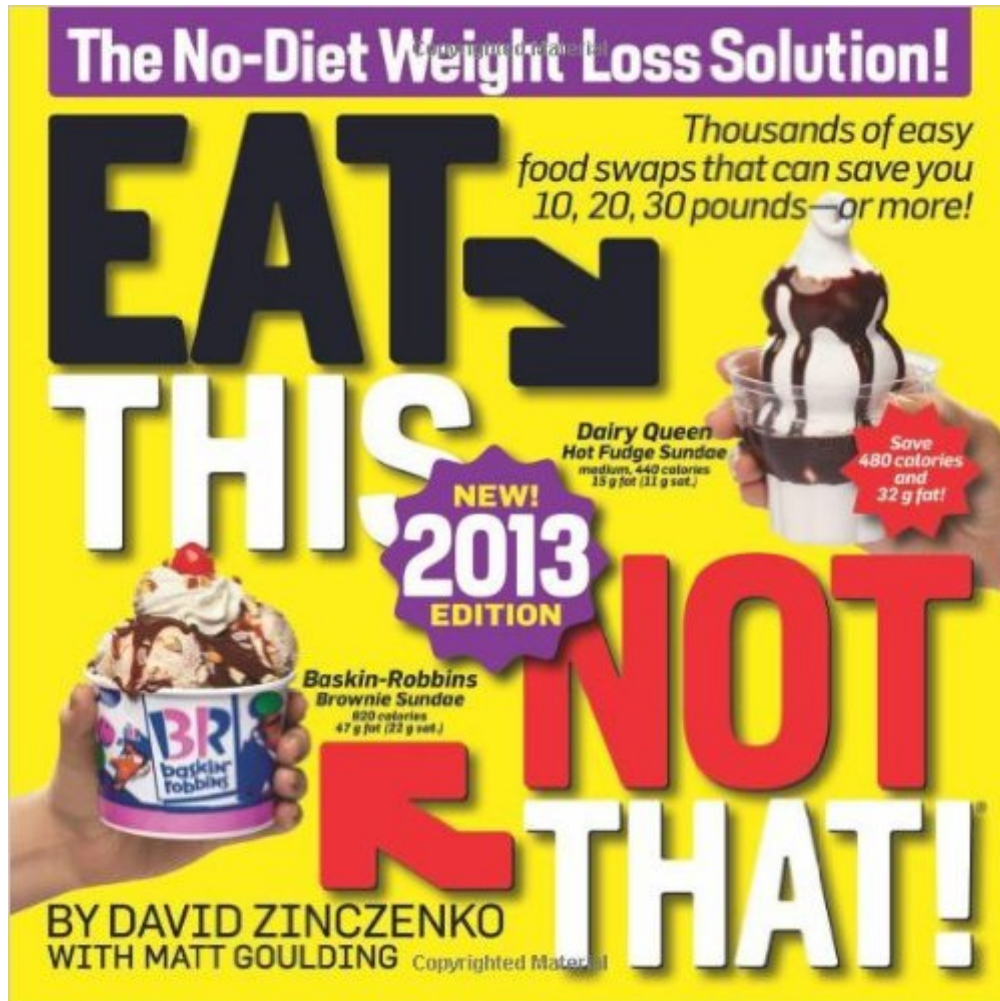


The book was found

Eat This, Not That! 2013: The No-Diet Weight Loss Solution



Synopsis

With an angry food industry hot on their heels and a ravenous fan base clamoring for more, Zinczenko and Gouling once again redefine the American food landscape. Featuring up-to-the-minute information on the ever-changing array of supermarket and restaurant offerings, *Eat This, Not That!* 2012 reveals the shocking calorie counts, mind-bending sugar and fat loads, and deceptive advertising and marketing techniques that are making America fat • and gives readers the information they need to fight back. Packed with cool tips, industry secrets, and essential nutrition knowledge, *Eat This, Not That!* 2012 is a must-have for anyone who cares about what they eat • and how they look.

Book Information

Paperback: 368 pages

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Product Dimensions: 6.5 x 0.6 x 6.5 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.3 out of 5 stars • See all reviews • (1,400 customer reviews)

Best Sellers Rank: #46,361 in Books (See Top 100 in Books) #26 in Books > Business & Money > Industries > Restaurant & Food #49 in Books > Reference > Consumer Guides #53 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

I really like the core message of this book... A year ago I started calorie counting but got sick of it very quickly, then I bought Dr. Shapiro's *Picture Perfect Weight Loss: The Visual Program for Permanent Weight Loss* which has a very similar strategy to this book's - showing you pictures of good and bad choices of similar styles or calorie counts. From a year ago I've lost 35 lb, I'm basically at my ideal weight, and I haven't had the slightest bit of trouble keeping it off and I don't feel like I'm "dieting". In fact, I feel like I enjoy what I'm eating far more than ever before - I'm very impressed! I picked this book up because I'm pretty food-conscious now and I like to be aware of additional practical healthy choices. What I like about this book compared to the Dr. Shapiro one is that it's extremely practical - at one point a Quarter Pounder is recommended as a "healthy" choice. I'd more or less agree with this approach; I think things like burgers can be healthy, filling options if you

know what you're doing - whereas a Dr. Shapiro would have you eliminate all meat from your diet. Where I think this book falls down a little bit is if you were trying to put together a mental "theme" of what to eat and what not to eat based on this book, you really couldn't. Sometimes shrimp is shown as a healthy option, sometimes it's not. Sometimes you're better off eating a turkey burger, sometimes you're not. It comes out after reading a bunch of suggestions that you shouldn't eat fries or mayo - but you still get the feeling that it's a bit potluck. The Dr.

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