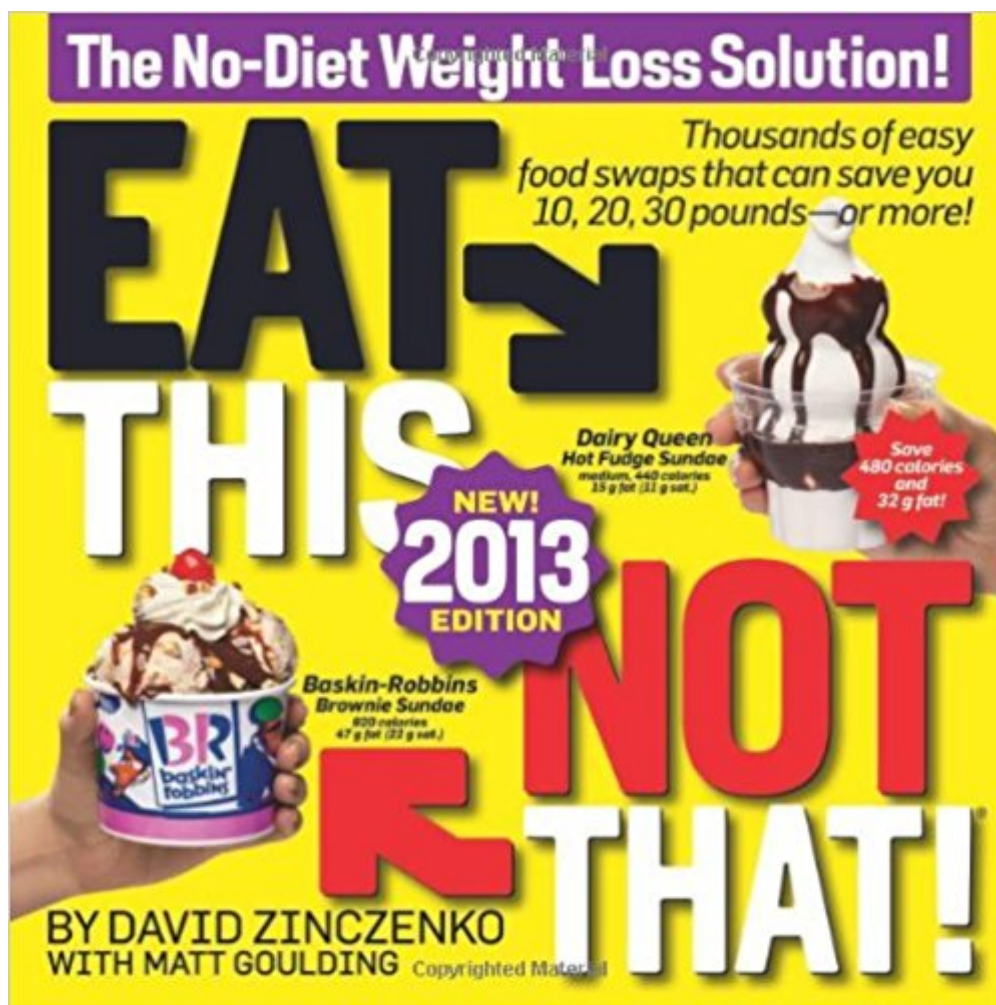


The book was found

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

Publisher: Rodale Books; 1 Upd Exp edition (September 18, 2012)

Language: English

ISBN-10: 1609618246

ISBN-13: 978-1609618247

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.

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

Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Eat This, Not That! 2013: The No-Diet Weight Loss Solution Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Weight Loss by Quitting Sugar and Carb - Learn How to Overcome Sugar Addiction - A Sugar Buster Super Detox Diet (Weight Loss, Addiction and Detox) Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, ... Belly, Tea Cleanse Diet, Weight Loss, Detox) Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Top 200 Mediterranean Diet Recipes: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Ketogenic Diet for Beginners: Guide Book to Using the Ketogenic Diet for Guaranteed Weight Loss Keto in 28: The Ultimate

Low-Carb, High-Fat Weight-Loss Solution The Tapping Solution for Weight Loss & Body
Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More The Blood
Sugar Solution 10-Day Detox Diet Cookbook: More than 150 Recipes to Help You Lose Weight and
Stay Healthy for Life The Blood Sugar Solution 10-Day Detox Diet: Activate Your Body's Natural
Ability to Burn Fat and Lose Weight Fast Juicing To Lose Weight: Fat Burning Juices & Weight Loss
Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing
Paleo

[Dmca](#)