



Eat This, Not That!: Restaurant Survival Guide

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* 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.

Eat This, Not That!: Restaurant Survival Guide Details

Date : Published November 24th 2009 by Rodale Books

ISBN : 9781605295404

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Format : Paperback 336 pages

Genre : Nonfiction, Health, Food and Drink, Food, Cookbooks, Cooking, Diets, Nutrition, Reference, Self Help



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From Reader Review Eat This, Not That!: Restaurant Survival Guide for online ebook

Heather McC says

One of my favorite of the 'Eat This, Not That!' franchise - maybe it's because I love to eat out so much.

Chad Warner says

This book made me want to cook at home even more often than I already do. It really shows how most restaurant meals are horrendously unhealthy, being disproportionately packed with fat and sodium. Restaurants try to fill their meals (especially value menu meals) with cheap, empty calories.

Ideally, people would make their own healthy meals at home, but in reality, Americans eat a lot of meals at restaurants. If you find yourself at a restaurant for a date, special occasion, or client meeting, this book helps you avoid the nutritional minefield. Even though most of the book features meals from specific restaurants, it's easy to generalize the nutritional advice. The menu decoders in the back of the book are quite helpful in pointing out the healthier options in a variety of menus.

Below are a few notes I made while reading. I'm going to avoid duplicating notes from my reviews of the other *Eat This, Not That!* books, so read those reviews or read the books yourself!

Restaurant nutrition tips

Mexican: choose vegetables and lean meat. Corn tortillas are better than flour. Beans are better than rice. Black beans are better than refried. Chicken is better than beef. Tacos are usually the best option. Avoid fajitas.

Chinese: choose vegetables instead of rice and noodles. Go light on the sauce. Choose Kung Pao chicken and avoid fried chicken such as General Tso's chicken, sweet and sour Chicken, cashew chicken, and orange chicken. Avoid egg rolls, egg drop soup, lo mein, and chow mein.

Pizzeria: choose pizza, not pasta. Choose thin crust, because crust is the largest source of calories.

Italian: avoid anything Parmesan.

Nutrition tips

Avoid restaurant freebies like bread, chips, and fries.

Value menus cost you in poor nutrition.

40% of calories should come from carbs, and 30% from protein.

Get Omega-3 fatty acids from fish or fish oil capsules.

Smoothies should have real fruit, with maybe a splash of milk or yogurt.

Wraps are often unhealthier than sandwiches and other dishes.

Muffins are basically cupcakes, and bagels are large round rolls. Avoid both.

Most roast beef is almost as lean as poultry like chicken and turkey.

Choose chicken breast, not wings or thighs.

Avoid shakes and malts.

Most restaurant salads are terrible. Stick to lettuce, vegetables, and lean protein. Greek salads are better than American.

Croissants are usually better than bagels, muffins, and donuts.

Turkey burgers aren't necessarily healthier than beef; it depends on the amount of fat in the grind.

For coleslaw, choose vinegar-based, not mayo-based.

Deli cheese (best to worst): part-skim mozzarella, provolone, American, Swiss, cheddar.

Peanut butter is better than jam. Jam is usually half sugar and half fruit.

Cantaloupe is high in calories and low in nutrition compared to other fruits.

Marvin says

Fast food is killing me. I eat healthy at home but during the week, I am too busy to make a lunch. So I go fast food. I bought this book to help me make better choices and it appears to be working. This is a glossy book, attractively illustrated and fun to browse. My only complaint is it is a bit disorganized. Food entries appear all over in no clear form. For instance, the restaurants are alphabetical in the famous "Eat This Not That" format. Yet a clearly better choice for the same restaurant may be hidden in the "Swap This" section or some other part. Asides from that, this is a helpful book if accompanied by the caveat that restaurant food is never all that good for you to begin with.

David says

I like his common sense approach to cutting calories. This is an easy way to have your cake and eat it too!

Courtney says

I don't eat out very often, but the photographs and explanations in this series even make sense for the home cook. Basically, for every disaster there is another dish you can actually eat. You're going to cut sauces, fried foods, butter and cheese - but you'll understand why.

I've started ordering some of these dishes, and have asked my friends if we can make alternate arrangements when they suggest the Cheesecake Factory. I'm a crappy dieter in general but this book really shows how bad even the "healthy" menu items can be.

I really liked this book because the photographs really help the message stick in my head, it gives you real useful tips for ordering at restaurants (fresca! protein-style!) and the tips on the worst menu items are truly memorable (1800 calorie kid's portions!?!?!?).

I know I could choose a more socially responsible diet, like the time I was vegan and nearly killed myself with food allergies, but right now this book (series) is fascinating and useful to how I actually eat.

Yomna hosny says

This is NOT a diet book. It contains lots of helpful tips about what to avoid at chain restaurants and places like KFC and McDonalds. Special props to the menu decoder section and The perfect salad chart.

Katherine says

I Plan to keep this book in my car to use for a reference when going out. This book offers so many great suggestions to help you navigate the treacherous waters of restaurant eating. Chapter 2 discusses the best and worst restaurant foods in America. I was delighted to see that Wendy's chili is a good choice. When poured over a plain baked potato it makes quite a satisfying meal. This book is very helpful in that it lists so many of the restaurant chains found in most big cities in the USA. Chick-fil-A also had many selections that were reasonable on the calories. The book is divided into 5 chapters.

Chapter 1. The New Rules of Eating Out

Chapter 2. The Best and Worst Restaurant Foods in America

Chapter 3. At Your Favorite Restaurants

Chapter 4. Menu Decoder

Chapter 5. The Captive Eater's Survival Guide

The Index is great for finding information quickly. Great colorful pictures to go with all of the great information. I plan to use this book often.

Kaylene says

Great for the visual learner. Lots of pictures showing foods from different restaurants. I really like this whole series of books. Shows you that by making some different choices you can vastly improve the nutritional content and decrease the caloric content of the foods you eat.

Patricia Atkinson says

love these books this shows you the difference on healthy eating and shows you what you can eat for the calories in difference so you eat healthy

Debbie says

A quick guide to some of the best and worst menu items at a variety of chain restaurants. Also included is a guide to making informed decisions when looking at menus in general. The side-by-side comparisons are informative, but the list is by no means complete.

I would recommend books in this series to people looking for a basic awareness of nutrition, especially those

who need to reduce sodium intake or who believe that just because they order a salad they are making healthy food choices.

Most chain restaurants now provide nutrition information on their websites. Take a few minutes to look before you head out to eat.

Erika says

If I ate out more, I would have given this five stars. I rarely eat out, but for those who do this would be a book I would buy and carry with me in my car. This was a very informative book that gives simple food swaps that can make your meal healthier when eating out. Some facts from the book that I found interesting:

- the McNugget and its peers at other chains have more than seven ingredients just in the meat alone and the breading adds another 20 ingredients!
- Wendy's frosty requires 14 ingredients to make
- Most often ordering a wrap has more calories than a sandwich because of all the sauces and cheese they usually wrap inside.
- I found out what salami is made of and I don't ever want to eat it again.
- Salads in restaurants often are worse than the burger.

I really liked the "Menu Decoder" section that displayed a typical menu for every type of cuisine and then said what to look for and what to avoid ordering.

Jennifer Daniel says

I am scared to ever go out to eat again! Most of what I like was typically on the "Don't Eat That" list.

Amber Balash says

I love these books! They are so easy to read, fascinating, and memorable. As with anything, common sense and your own judgment is needed, but I think this is really handy!

Amy says

This is the restaurant survival guide. It was a fascinating look at the foods provided at restaurants! Turns out that the food the consumer thinks is most healthy, really isn't that good for you!

There is a nice chart that provides "cheat sheets" for items such as breakfast sandwiches, pasta, fast-food burgers and more!

Christiane says

Even more useful to those of us who don't cook than the Supermarket Survival Guide. I learn a lot from these books. For example, did you know that 96% of American children recognize Ronald McDonald's face? And that studies reveal: "children think that McDonald's-branded foods taste better than the same product served without any labels attached. That was true for burgers, French fries, chicken nuggets, and carrot sticks (which McDonald's doesn't even offer)." Wow! That said, since we all end up at McDonald's eventually, at least now you know not to order the Vanilla Triple Thick Shake (large, 1,110 calories and 26 grams of fat!!). I'll never be able to drink a shake again.
