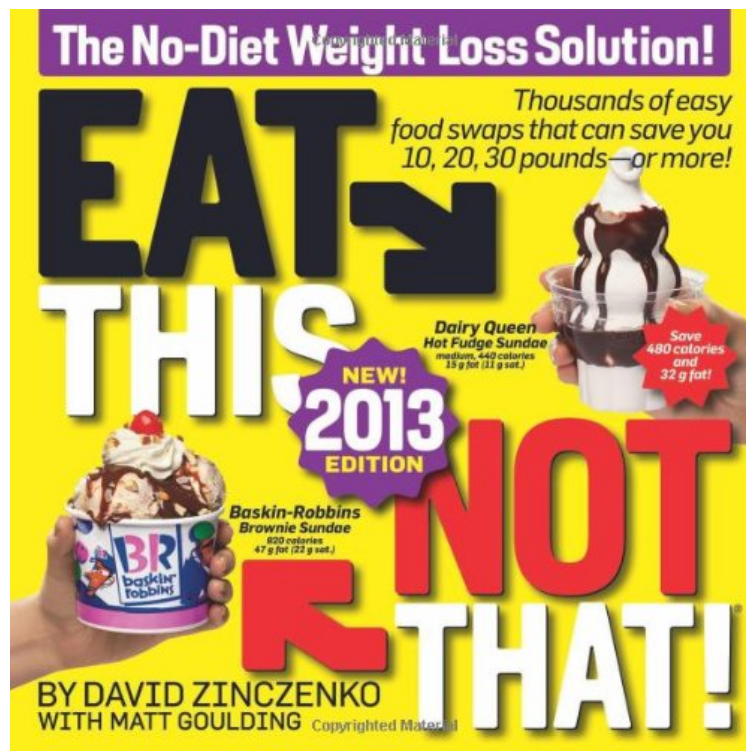


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## Eat This, Not That! 2013: The No-Diet Weight Loss Solution

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backpack. If I am hungry and the only options are fast food, I like knowing that there is a health(ier) choice for me to pick. Yea, it's not health food, but it's not all bad either. I think the people who are giving this book bad reviews are missing the point - this is a resource for you to use when you go out to eat or don't have time to cook something from scratch. This is not a diet book. This book does not encourage you to eat out or eat "junk food". This book provides you with the information you need to know in order to make informed choices about what to order the next time you eat out or need to purchase a pre-made meal for the family dinner. I purchased this book in addition to the "Eat This, Not That" Supermarket Survival guide. The books compliment one another. I now feel confident that the choices that I make are healthier and affordable.

With an angry food industry hot on their heels and a ravenous fan base clamoring for more, Zinczenko and Goulding 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.

**About the Author** DAVID ZINCZENKO is the editor-in-chief of Men's Health magazine and the author of New York Times bestsellers *The Abs Diet*, *The Abs Diet for Women*, and *Cook This, Not That!* He splits his time between New York City and Allentown, PA. MATT GOULDING is a contributing food and nutrition editor of Men's Health and former professional chef. He lives in North Carolina.