

“Eat This, Not That”

by David Zinczenko

Do you really know what’s in the food you are ordering?

But now, **Eat This, Not That!** gives you all the insider info you need to make smart choices, lose weight, and feel great – wherever you eat! Inside this amazing guide, you’ll find:

8 Foods You Should Eat Every Day

20 Foods to Avoid At All Costs

10 Top Swaps – The simplest, smartest, fastest steps you can take to change your body forever!

At Your Favorite Restaurants – A guide to the best and worst meals at 60 fast-food and chain restaurants

Menu Decoder – Strategies for eating right at any restaurant

Restaurant Report Card – Does your favorite restaurant make the grade?

At the Supermarket – The complete Eat This, Not That! grocery list

What to Eat When – The perfect foods for when you’re stressed... tired... in the mood... any occasion! **...and much more!**

**SECRETS THE RESTAURANT
INDUSTRY DOESN'T WANT
YOU TO KNOW!**

PIZZA HUT doesn’t want you to know that a standard pizza in Italy contains 500 to 800 calories, but the same meal at Pizza Hut can top 2,100 calories! (You’d need to ride a stationary bike for more than three hours to burn off this mistake. Instead, eat all the pizza you want by the making smart choices outlined on [page 106](#).)

HIDDEN DANGER!

Don’t get fooled by foods that sound healthy – uncover the **hidden dangers** on any menu.

Burger King doesn’t want you to know that a BK Big Fish Sandwich and fries have a Whopping 1,000 calories – nearly half your daily caloric intake! (Fish is usually healthy, but not this kind. Find out why on page 39).

Discover **THOUSANDS** of simple food swaps that can save you **10, 20, 30 pounds – more!**

We’re all tired of sneaky calories adding to our waistlines, and having to starve ourselves or spend hours on the treadmill trying to burn off the damage. Now, for the first time, [one handy guide](#) puts you in charge!

Some examples “Eat **This**, Not That”

Cheeseburger

Eat This

McDonald’s Big Mac

540 calories 29g fat

Save 220 calories and 18grams of fat!

Not That!

Burger King Whopper with Cheese

760 calories 47g fat

Pizza

Eat This

**2 slices Domino’s large cheese
pizza with hand-tossed crust**

580 calories 18g fat

Save 100 calories and 10 grams of fat!

Not That!

**2 slices Pizza Hut large cheese
pizza with hand-tossed crust**

680 calories 28g fat

Fish Sandwich

Eat This

McDonald’s Filet-o Fish

380 calories 18g fat

Save 260 calories and 14 grams of fat!

Not That!

Burger King Big Fish Sandwich

640 calories 32g fat

Restaurant Report Card – Who makes the grade?

Fast-Food Restaurants

A+ Chick-Fil-A -Not a single sandwich breaks the 500-calorie barrier.

A Subway -An impressive selection of 6-inch sandwiches with less than 400 calories each.

A- Boston Market -Its expansive menu of healthy sides and nutritionally reasonable three-piece chicken meals gives diners plenty of choices.

B+ Taco Bell -It's okay to "make a run for the border," as long as you limit yourself to just two tacos or a single burrito.

B Wendy's -Although calorically comparable to McDonald's, Wendy's edges out the Arches with less trans fat and a range of healthy sides.

B- McDonald's -Burgers are reasonable, but others, like pancake platters, send McDonald's numbers soaring.

C+ KFC -It's hard to have "fried" in your name and still make a decent grade. To halve calories, order your chicken without skin.

C Arby's -The array of sandwiches suffers from an abundance of creamy dressings, spreads, and melted cheese sauce.

C- Burger King – Thousand calorie plus burgers like the Quad Stacker give this chain a below-average score.