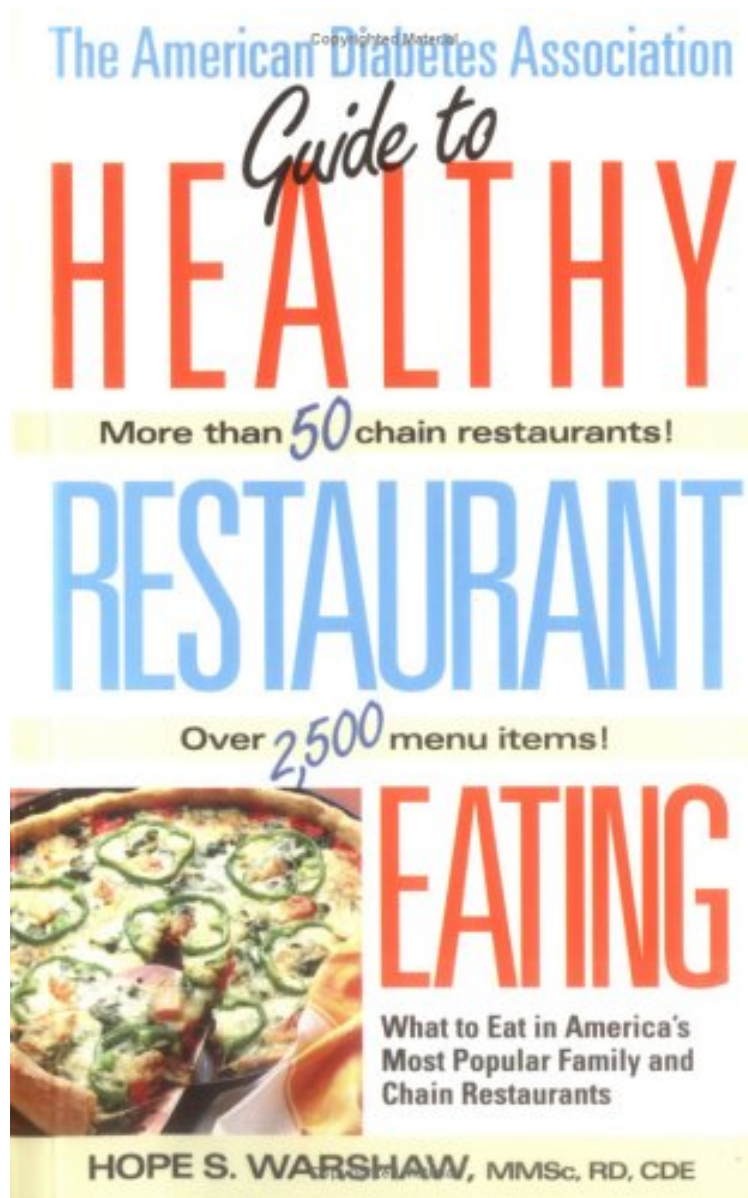


(Download pdf ebook) Guide to Healthy Restaurant Eating

Guide to Healthy Restaurant Eating

Hope S. Warshaw

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Hope S. Warshaw : Guide to Healthy Restaurant Eating before purchasing it in order to gauge whether or not it would be worth my time, and all praised Guide to Healthy Restaurant Eating:

4 of 4 people found the following review helpful. Removes all the guess working out of eating out By GameMakerI consider this book to be a completely indispensable resource for a diabetic. I've found this book to be useful in two different ways: #1 for just browsing through some of the restaurants and menu items to give you an idea about

nutritional information in general. For example, you can peruse through a listing like "Starbucks" and learn how many carbs are in their various beverages, and then common things like bagels. Maybe you don't even like going to Starbucks, but such information is essential to know wherever you do go. The second way this book is useful is to just pop in your suitcase or in your car when you travel. That way it just takes all the guesswork or awkwardness out of situations where you need to eat out, perhaps at restaurants you are not so familiar with. Just a quick glance at this book will tell you what will work for you and what won't. 0 of 0 people found the following review helpful. and you have to wade through thousands of items of horrible unhealthful foods to find any recommendations. By Amanda Stevenson It reviews the COMMON junk food restaurants, and you have to wade through thousands of items of horrible unhealthful foods to find any recommendations. I was looking for simple things you can order in a variety of regular restaurants. Recommendations for an Italian Restaurant. Recommendations for a Diner or Pancake House. Recommendations for a Japanese Restaurant. Recommendations for a Mexican Restaurant. Recommendations for a Chinese Restaurant. Also an avoid list. THAT BOOK MAY NOT HAVE BEEN WRITTEN except the one that says EAT THIS NOT THAT which is much better by the way. 0 of 0 people found the following review helpful. Five Stars By Brenda Goggans It's great.

Eat in restaurants with confidence with this updated guide This bestselling and indispensable guide contains the most complete and user-friendly restaurant nutrition facts for people living with diabetes. Reflecting the most recent additions and deletions to the restaurant industry's ever-changing menus, this revised and expanded edition covers more than 5,000 menu items from more than 60 chain restaurants.

About the Author Hope W. Warshaw, MMSc, RD, CDE, BC-ADM has written previous books, including Diabetes Meal Planning Made Easy.