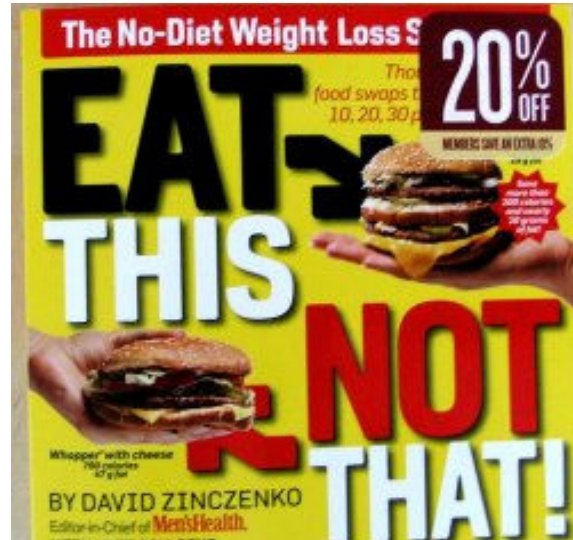


Eat This, Not That!

United States has earned the unfortunate title as the "fattest country" on earth. There is hope in the book, *Eat This, Not That!*, written by David Zinczenko with Matt Goulding. Everyone can help make our country healthier and keep health-care costs from spiraling by being aware of what they eat.

The average American eats out 81 times a year and brings home "take out" food another 127 times a year. Eating out, in itself, is not a problem but a University of Arkansas study showed that people underestimate the number of calories in a restaurant meal by 93 percent or approximately 30,000 extra calories a year. The 30,000 calories translates into more than nine extra pounds per year.

Eat This, Not That, underscores what we think we're doing with food versus reality. Restaurant portions have doubled in the past few decades, along with the calories and grease. Did you know that a turkey burger, with lots of mayonnaise, has twice as many calories as a Big Mac? Did you know a Starbucks frappacino has 750 calories, 120 grams of sugar or almost a third of your daily caloric needs? One order of the Outback Aussie Cheese Fries "appetizer" has 2,900 calories, or the equivalent of more than 14 Krispy Creme doughnuts.



Zinczenko arms readers with knowledge to make better choices. His "menu decoder" shows that corn tortillas are lower in calories/have more fiber than flour ones. "Moist" and "crispy" are menu code words for "riddled with fat." He advocates ordering steamed, grilled veggies instead of creamy vegetables. A taco "salad" is misleading because of the 55 fat grams in the fried shell.

The book lists the Top Eight foods you should eat every day – spinach, yogurt, tomatoes, carrots, blueberries, walnuts, oats and black beans. And on the opposite side of the ledger, Zinczenko lists the 20 Worst Foods – starting with the Outback Steakhouse Aussie Cheese Fries to the 2,310 calories/162 grams of fat Chicago Deep Dish Pizza to the Macaroni Grill Spaghetti and Meatballs with Meat Sauce at 2,430 calories/128 grams of fat plus 5,290 milligrams of sodium.

Eat This, Not That! is a book to take to the restaurant and grocery store. Zinczenko lists menu items that are "nutritional garbage" versus healthier alternatives at specific eateries. He shares insights about choices presented on the supermarket shelves, the ballpark and elsewhere.

