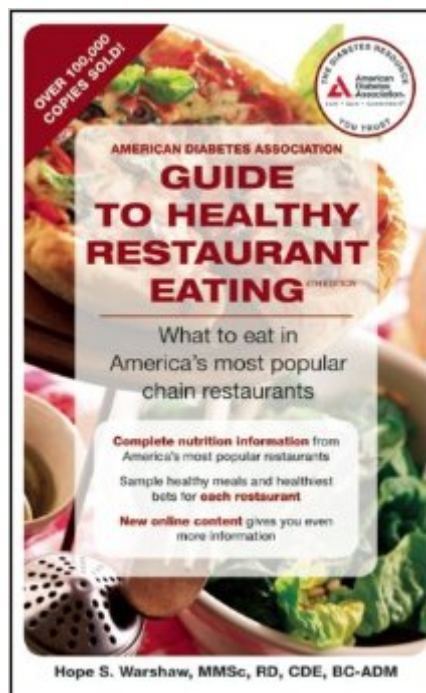


The book was found

American Diabetes Association Guide To Healthy Restaurant Eating: What To Eat In America's Most Popular Chain Restaurants



Synopsis

The information you need! Get counts for calories, carbohydrate, fat, and protein; know the exchanges/choices and serving sizes for every menu item; and find complete menus from America's most popular restaurants. Also contains tips and facts for healthier restaurant eating.

Book Information

Paperback: 846 pages

Publisher: American Diabetes Association; 4 edition (February 24, 2009)

Language: English

ISBN-10: 1580403158

ISBN-13: 978-1580403153

Product Dimensions: 1.8 x 4.2 x 7 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 3.7 out of 5 starsÂ Â See all reviewsÂ (19 customer reviews)

Best Sellers Rank: #1,039,157 in Books (See Top 100 in Books) #85 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #571 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #724 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

Customer Reviews

As a recently diagnosed diabetic, I find this book extremely helpful in choosing meals when eating out! We enjoy dining out with friends and I travel with my job, so eating out is a must. This guidebook allows me to choose where to grab a quick bite to eat with confidence knowing that I am not sabotaging my sugars or lipids! My only wish is that more restaurants were included in the book, but I'll simply watch for the next edition!!

Book was a huge disappointment - did not include huge national chain restaurants such as Outback, TGIFridays, Appleby's, Cracker Barrel, Ruby Tuesdays or Ryan's. Save your money and just go to the restaurant's website - nearly all of them have nutritional information for their menu items now.

If you eat out a lot at fast food places, this is a good report on the content as far as calories and carbs, etc. goes. They do not include all fast food places; think that would be impossible, but a lot of them are shown. Wish they had Whataburger in their book.

My boyfriend is diabetic and I'm not, but I do have a family history of diabetes. We travel quite a bit and stopped in restaurants and just ordered whatever we wanted. Now we can eat much smarter in restaurants, but I also bring food for us to make sandwiches and healthy snacks.

There may have been two or three restaurants in my area that I could look up. It's not very helpful to me.

I am sorry I ever ordered this book. It doesn't cover 99% of the chain restaurants in my area. Unless you eat fast food all the time when you go out to eat, the book is useless for those of us who live west of the Hudson River.

There are a number of restaurants in the book that are unknown to this writer. Maybe they are in another state. Seems rather complete on the familiar ones. Book good for more than just someone with diabetes. Section on sodium levels really caught my attention.

It should have been obvious to me that this thing was Way out of date before I bought it, but I Mistakenly assumed if it was New from it was current. It was not. Not only that but it seemed totally haphazard as far as what it advised for meals. (Honestly... If you're on a low carb/cal diet what kind of ninny would tell you to eat mac-n-cheese rather than slaw or salad, for crying out loud?! I tried to make the ridiculous thing work but in the end, it got recycled. No way was I going to offer that tripe to another person to get themselves nutritionally messed up by. And that should say something. Because I, for one, share almost All of my reading material rather than destroy the written word!

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