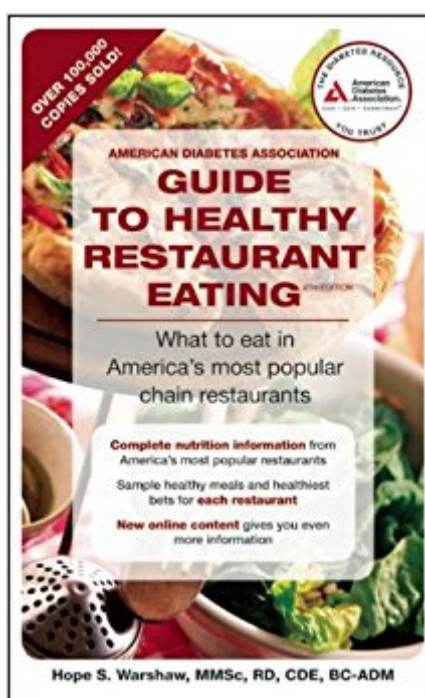


The book was found

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

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Average Customer Review: 3.8 out of 5 stars 21 customer reviews

Best Sellers Rank: #1,049,624 in Books (See Top 100 in Books) #84 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #552 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #759 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General

Customer Reviews

Hope S. Warshaw, M.MSc., R.D., C.D.E., BC-ADM is a registered dietitian, certified diabetes educator and board certified advanced diabetes manager. Warshaw has worked in the field of diabetes management and education for more than 25 years. She has written several successful books with the American Diabetes Association, including Guide to Healthy Restaurant Eating and Diabetes Meal Planning Made Easy.

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.

This book has been very helpful in figuring out how many carbohydrates are in the food I eat

Wonderful book for diabetic patients & Great Seller!!

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.

Like it

This book is good for most of us since, we do not realize the calorie content of food in different restaurants. The other important information so the sodium content...really bad for diabetes.

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.

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