



# **Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution**

*David Zinczenko, Matt Goulding*

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Much like the waistlines of America, the aisles of your grocery store are straining under the weight of too much food. There are more than 40,000 products lining the shelves of your local supermarket, and with every product comes a whole new host of inflated label claims: “zero trans fat!” “Cholesterol free!” “Good source of 9 vitamins and minerals!” The problem is these claims are just as bogus as the hyped-up foods they’re trying to sell.

That’s where Eat This, Not That! Supermarket Survival Guide comes in. It’s your best weapon against the food industry’s effort to obfuscate the truth about the food it’s selling. Building on the popular approach of the Eat This, Not That! book series, co-authors Dave Zinczenko and Matt Goudling have scoured the aisles of the supermarkets of America, and in so doing they’ve discovered that two seemingly similar packages can house foods with vastly different nutritional profiles. They’ve also folded in all-new material that will help you pick the most nutrient-packed produce; the leanest, tastiest cuts of meat; and the least contaminated seafood at the fish counter. In this book you’ll also find:

- 11 Secrets the Food Industry Doesn’t Want You to Know
- 20 Worst Packaged Foods in America
- Answers to The 5 Most Important Questions About Organic Food
- The Ultimate Sandwich Selector
- The Snack Matrix
- The Food Additive Glossary
- And the extended chapter, Drink This, Not That!

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People live in this new time of lifestyle always try to and must have the spare time or they will get wide range of stress from both day to day life and work. So , whenever we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we consult again, what kind of activity do you possess when the spare time coming to a person of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, often the book you have read will be Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution.

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Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution can be one of your beginning books that are good idea. We recommend that straight away because this book has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to put every word into enjoyment arrangement in writing Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution however doesn't forget the main level, giving the reader the hottest in addition to based confirm resource facts that maybe you can be among it. This great information can drawn you into brand new stage of crucial imagining.

#### **John Keaney:**

The book untitled Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution contain a lot of information on the item. The writer explains her idea with easy approach. The language is very easy to understand all the people, so do certainly not worry, you can easy to read the idea. The book was written by famous author. The author provides you in the new time of literary works. It is possible to read this book because you can read more your smart phone, or product, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official website as well as order it. Have a nice examine.

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