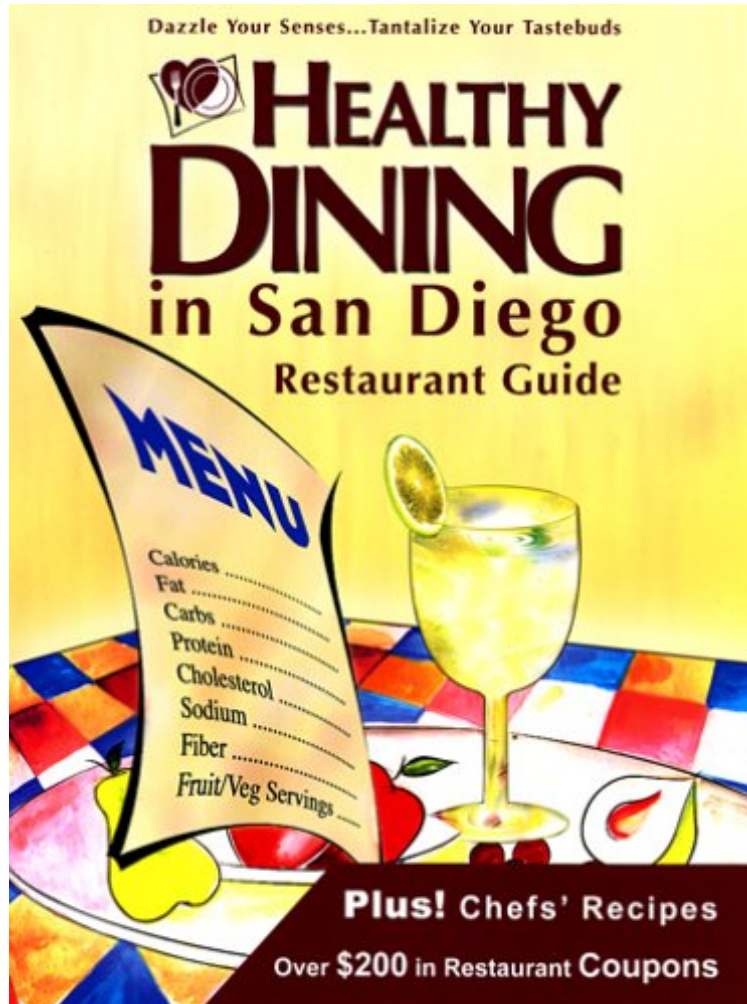


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Healthy Dining in San Diego (7th Edition)

Anita Jones-Mueller, Esther Hill, Erica Bohm, Susan Goldstein, Nicole Quartuccio
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Anita Jones-Mueller, Esther Hill, Erica Bohm, Susan Goldstein, Nicole Quartuccio : Healthy Dining in San Diego (7th Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Dining in San Diego (7th Edition):

15 of 15 people found the following review helpful. This book is invaluable if you care about the food you eat. By A Customer I thought I knew all there was to know about the nutritional values of the foods I eat. After years of being overweight I finally lost my extra pounds three years ago, so I pride myself in choosing the meals I eat in restaurants carefully. Surprise! This book made me aware of reems of information I didn't know. Going to be good and have plain pasta with a marinara sauce? Did you know that many if not most restaurants toss the cooked pasta in oil or butter to keep it from sticking together? These folks not only let you know how restaurants work, but the full page menus from some of the most popular spots in town will allow you to choose your meal before you are faced with dozens of

tempting choices. PLUS...the coupons in the back will save you the cost of the book in 2 meals or less. Get it, you may never overindulge eating out again, and your friends will never be the wiser. 5 of 5 people found the following review helpful. Dine out in San Diego with no guilt! By Jeff(...) This book doesn't just list single menu items from restaurants you've never heard of, but lists several menu items from numerous well-known restaurants, such as one of my personal favorites, Acapulco. They even show you how to eat healthy at Jack-In-The-Box, which is home of the Bacon Ultimate Cheeseburger, a.k.a. The Widowmaker. The coupon section alone is worth buying the book -- if you're skeptical about trying a restaurant or a menu item, you can rest easy knowing that you're not paying full price like the diners around you. And, unlike the diners around you, you know exactly what you're eating! Healthy food + discount food = A happy, healthy diner. If you're like me, and you: live in San Diego, love to eat out, and are concerned about eating healthy, do yourself a favor and BUY THIS BOOK!!!

Dazzle your senses...tantalize your tastebuds...with the new edition of "Healthy Dining in San Diego." The "Healthy Dining" book gives you 'inside' information on what how to order at your favorite local restaurants. Did you know that most restaurant meals contain 1000-2000 calories and 50-100 grams of fat? Even the most nutrition-savvy person can't detect the hidden calories and fat in most restaurant foods. The Healthy Dining book leads you to a spectacular selection of healthy items that are bursting with flavor! Each edition features: 1) Easy-to-read "nutrition labels" for hundreds of menu items -- calories, fat, cholesterol, sodium, protein, carbohydrates, fiber, fruit/vegetable servings; 2) 50 delicious and healthy recipes from San Diego chefs; 3) Over \$200 in valuable restaurant coupons; and, 4) Nine chapters (over 40 pages) of nutrition tips and practical advice for healthier dining. NO OTHER SOURCE reveals such comprehensive, detailed information. Sample 'Healthy Dining' menu item: "Black Blue Peppercorn Sesame Hawaiian Ahi, seared and served rare, with Jasmine Rice -- Calories: Excellent Choice (445), Fat: Excellent Choice (15 g), Cholesterol: Good Choice (80 mg), Sodium: Moderate (960 mg), Protein: 46 g, Carbohydrate: 29 g, Fiber: 1 g." With the "Healthy Dining" books, you'll discover a whole new world of restaurant dining that's fun, full of flavor, and wonderfully good for you! Available for Southern California in 3 separate editions: Healthy Dining in San Diego (7th Edition), Healthy Dining in Orange County (5th Edition), Healthy Dining in Los Angeles (5th Edition).

About the Author "Healthy Dining in San Diego" is written by an award-winning team of nutrition and culinary experts who look inside chefs' secret recipes, analyze them, and select menu items that meet recommended nutrition guidelines. Healthy Dining's mission is to promote a healthier lifestyle by propelling a shift in restaurant cuisine that combine the BEST in taste and nutrition.