



Eat It to Beat It!: Banish Belly Fat Take Back Your Health While Eating the Brand Name Foods You Love! (Hardback)

By David Zinczenko

Turtleback Books, United States, 2013. Hardback. Book Condition: New. Turtleback School Library ed.. 184 x 171 mm. Language: English . Brand New Book. NEW YORK TIMES BESTSELLER Eat the World's Most Delicious Foods--and Start Dropping Pounds Today! Discover thousands of shocking food truths to help flatten your belly fast--and get you on the path to better health! ABC News Nutrition and Wellness editor Dave Zinczenko, author of the multimillion-copy bestselling Eat This, Not That! series, blows the lid off the bizarre, unnecessary, and shocking ingredients in many common brands, and shows you how making smart choices about the foods you love--including burgers, pizza, and chocolate--can help you lose weight, drop blood pressure, boost your immune system, and more. Discover how you can EAT IT! to help . . . BEAT IT! WEIGHT GAIN! IHOP's Chicken and Spinach Salad has as many calories as 6 Klondike Bars! Good news: A similar salad at another restaurant will save you more than 1,200 calories! BEAT IT! MOODINESS! Some dark chocolate brands contain polyphenols, the near-magical nutrients that improve learning and memory, boost mood, and lower stress levels. BEAT IT! HIGH BLOOD SUGAR! Can you believe there's oatmeal on the market...



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