



# **Eat This, Not That! 2012: The No-Diet Weight Loss Solution**

*David Zinczenko*

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# Eat This, Not That! 2012: The No-Diet Weight Loss Solution

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With an angry food industry hot on their heels and a ravenous fan base clamoring for more, Zinczenko and Goulding once again redefine the American food landscape.

Featuring up-to-the-minute information on the ever-changing array of supermarket and restaurant offerings, *Eat This, Not That! 2012* reveals the shocking calorie counts, mind-bending sugar and fat loads, and deceptive advertising and marketing techniques that are making America fat—and gives readers the information they need to fight back.

Packed with cool tips, industry secrets, and essential nutrition knowledge, *Eat This, Not That! 2012* is a must-have for anyone who cares about what they eat—and how they look.

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