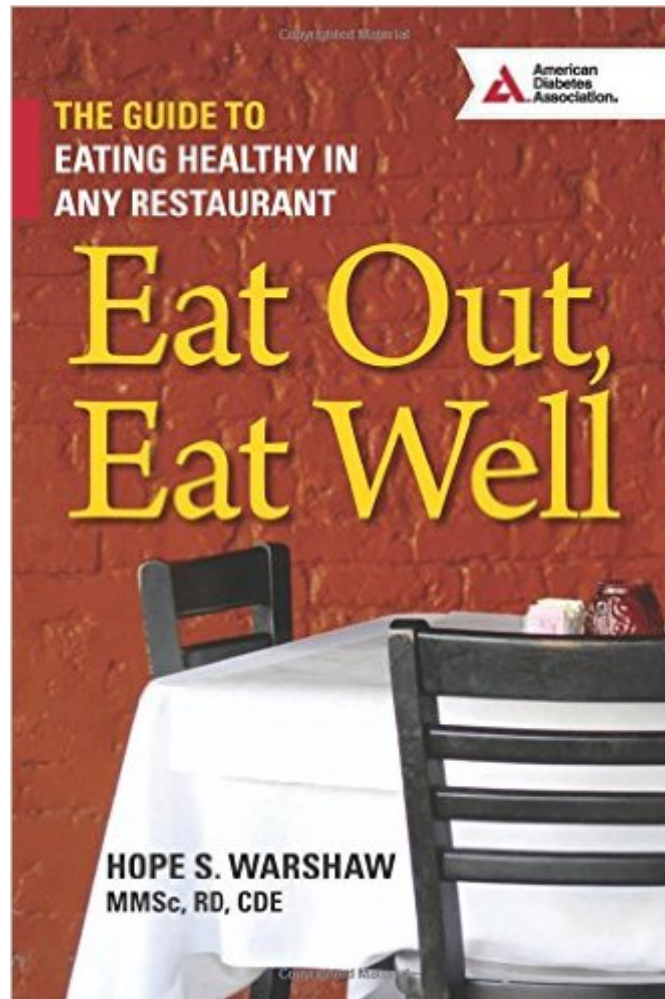


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# Eat Out, Eat Well: The Guide To Eating Healthy In Any Restaurant



## Synopsis

The average American will eat out at a restaurant five times this week, and while there are healthy choices available at restaurants, it's not always clear what they are. Fortunately, Hope S. Warshaw has created the ultimate guide to eating healthy—and eating well—in restaurants for people with diabetes, prediabetes, heart health, or those just looking to lose a few pounds. In *Eat Out, Eat Well*, Hope has created individual strategy guides for a wide variety of cuisines, ranging from everyday burger shops to ethnic choices. Each style of restaurant includes healthy meal options, which recommend certain dishes and portion sizes. There's information on what to avoid and how to go about the making special requests. Each restaurant style also includes nutrient counts to help identify healthy choices. For anyone trying to manage their diabetes but looking to have dinner out, this is an indispensable guide.

## Book Information

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## Customer Reviews

I've had Type 1 diabetes for 14 years and can say from personal experience that eating out is always a challenge. I really appreciate Hope Warshaw and ADA for putting together such a thorough and useful guide to how to make restaurant eating with diabetes a little easier to manage. I particularly appreciate the section devoted to cuisines/types of food, like Indian and Chinese and the dreaded pizza, that pose particular problems and challenges in terms of controlling your blood sugar -- often the restaurant foods that are the least expensive also tend to be the most complicated for people with diabetes, so it's great to have a guide that's packed with real-world, practical tips.

This is a fantastic resource for people with diabetes of all kinds, and I intend to bring it to my next doctor's appointment so that I can encourage my endocrinologist and nutritionist to share it with their other patients.

What a great book to own. Wish I had known about it even before I got Diabetes. All the chain restaurants with the breakdown of their dishes by calories, fat, carbs, protein, etc. Dishes are recommended or discouraged. Listing of food probably served in other restaurants by nationality as well. Now I know menus before I arrive at a restaurant and what I should order.

Eating out can be challenging. Author Hope Warshaw helps readers examine their own restaurant dining habits before setting a game plan. The book is much more than a list of restaurants with menus and nutrient contents. Topics beneficial for blood glucose control include enjoying alcoholic beverages safely with diabetes and glucose-lowering medications. Hope presents common situations and possible solutions. She answers questions readers might not even think to ask. Tips and tactics are practical and doable. The writing style is conversational and engaging. Readers will discover all the foods they CAN eat. *Eat Out, Eat Well* is a go-to source for everyone who wishes to eat more healthfully while dining out.

Hope has written an easy to read, comprehensive book on eating out with diabetes. As an RD working myself with many clients who have diabetes, this is a valuable resource for people who are trying to eat healthfully with their diabetes, but who also live in the real world and eat out frequently. The book is well organized, and Hope gives easy, practical tips for choosing healthy and delicious foods for many different types of restaurants and special diet needs.

This book is an excellent resource for anyone with diabetes, and quite simply, anyone who is striving to make simple, healthful improvements to their diet. Section 1 of the book offers useful strategies for eating at restaurants, including some self-quizzes to help you identify what your weak spots are and what strategies will work best for you. Sections 2 offer specific information about traditional American style restaurant food (everything from bakeries and sandwich shops to fast food and fine dining), while Section 3 delves into ethnic style restaurant food (e.g. Mexican, Italian, Chinese, Thai, Japanese, Indian, Middle Eastern). For me, Section 3 is the most interesting because I don't often cook any of the Asian styles at home, but I often eat at those style restaurants. The book reveals a lot about how the food is prepared, including where sugars are likely hidden. But

most importantly, the book offers a lot of really great practical advice. Each of the chapters provides specific examples of menu items at restaurants you are probably familiar with, lists of words to look out for (the good and the bad), specific strategies for ordering healthfully at each restaurant, and even tips for ordering for children. People who are avoiding gluten will also appreciate the tips and tactics for gluten-free eating in each chapter. Bottom line: this book is like having a private consultation with a dietitian before you dine out. Highly recommend.

Too big for usability on the road. I was expecting a much more portable copy of this book. Also, too much info if you're interested in looking for info on the go. It reads much like a textbook, not as a user-friendly guide.

Hope outdid herself again with her latest publication in conjunction with the American Diabetes Association. While we like to tell our nutrition clients to cook more at home, we realistically know many people mostly eat out. Hope has created the ultimate guide to taking the 'need to know' about healthy eating with diabetes and applying it to every eating out scenario possible!

Hope Warshaw does it again by writing an insightful book about how to eat health and sensible meals when away from home. As one who travels frequently for work, I find the tips that Warshaw provides are so helpful particularly when I am eating with a crowd in an ethnic restaurant such as Indian, Thai or Mexican food. When I am on the road, and want to be mindful of my food intake, I take Eat Out, Eat Well with me. It serves as an important guide that keeps me on track with my desire to maintain my weight and eat healthy foods. Congratulations on another terrific guide!!!

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