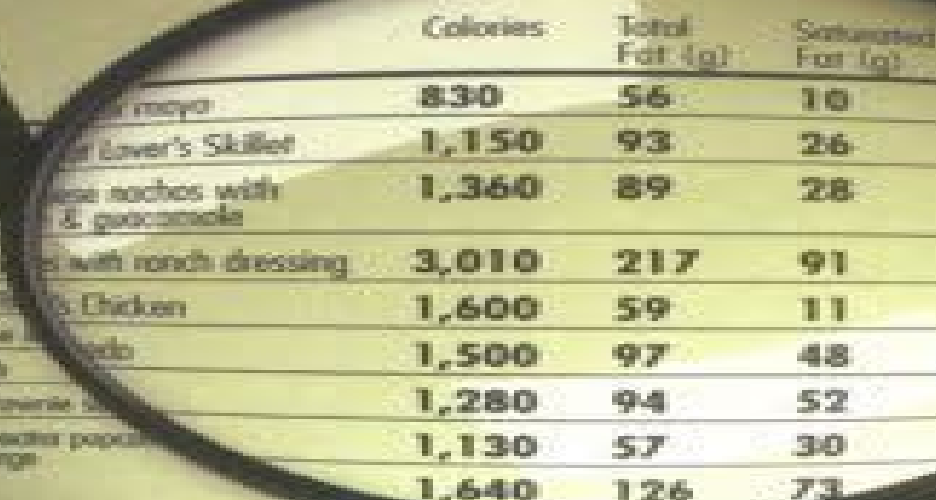


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Think a chicken Caesar salad is perfect for your diet? Think again. Choose a tuna sandwich over the roast beef sandwich**? Wrong! The startling truth about our favorite foods from our favorite restaurants, with fat, calorie, and salt content.*

* An average chicken Caesar salad—46 grams fat (almost three quarters of a day's worth).

** Tuna salad sandwiches have nearly four times the fat and twice the saturated fat of roast beef sandwiches.



	Calories	Total Fat (g)	Saturated Fat (g)
...moy	830	56	10
...lover's Skillet	1,150	93	26
...se nachos with ... & guacamole	1,360	89	28
... with ranch dressing	3,010	217	91
...ed Chicken	1,600	59	11
...marine ...	1,500	97	48
...me ribs	1,280	94	52
...fudge brownie ...	1,130	57	30
...have breads paper butter, large	1,640	126	73

**Michael F. Jacobson, Ph.D.
and Jayne G. Hurley, RD**

Center for Science in the Public Interest
Authors of the bestselling The Fast-Food Guide

Preface by David Kessler, M.D., former FDA Commissioner

Restaurant Confidential The Shocking Truth About What Youre Really Eating When Youre Eating Out

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Reviewing **Restaurant Confidential The Shocking Truth About What Youre Really Eating When Youre Eating Out:** Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Restaurant Confidential The Shocking Truth About What Youre Really Eating When Youre Eating Out**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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