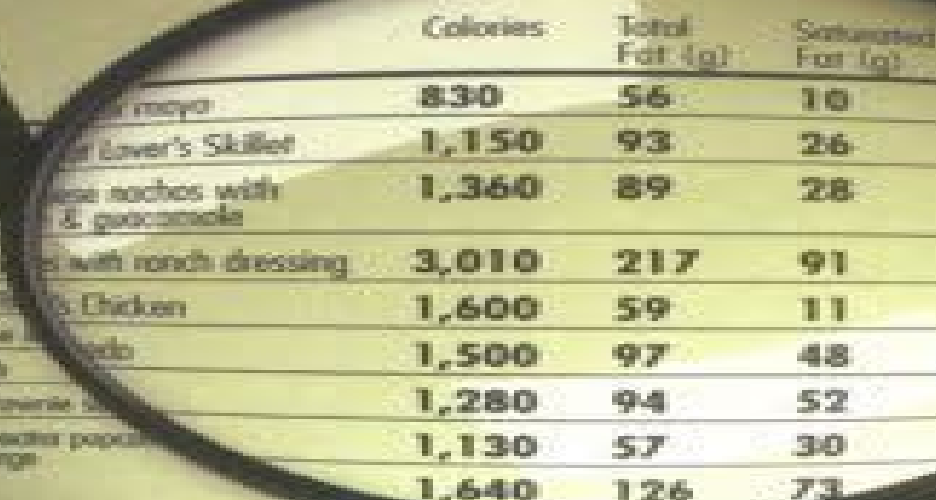


Restaurant CONFIDENTIAL

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)
...moyo	830	56	10
...lover's Skillet	1,150	93	26
...ese 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 Rib	1,280	94	52
Fudge brownie ...	1,130	57	30
...theater 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

Rose Arny



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Restaurant Confidential Michael F. Jacobson, Jayne G. Hurley, 2002-01-01 Offers facts on the calorie fat saturated fat cholesterol and sodium content of common dishes from restaurants and chains highlighting best and worst choices and offering tips for ordering wisely **The Face on Your Plate: The Truth About Food** Jeffrey Moussaieff Masson, 2010-04-26 It's a challenge to create transformative moments with books but Masson does it Susan Salter Reynolds Los Angeles Times In this revelatory work Jeffrey Moussaieff Masson shows how food affects our moral selves our health and our planet Masson investigates how denial keeps us from recognizing the animal at the end of our fork and urges readers to consciously make decisions about food *Fast Food and Junk Food* Andrew F. Smith, 2011-12-02 This fascinating and revealing work examines the incredible power of junk food and fast food how nostalgic we are about them the influence of the companies that manufacture or sell them and their alarming effect on our country's state of health In the last half century junk food and fast food have come to play an extremely important role in American economic historical cultural and social life Today they have a major influence on what Americans eat and how healthy we are or aren't *Fast Food and Junk Food An Encyclopedia of What We Love to Eat* tells the intriguing fun and incredible stories behind the successes of these commercial food products and documents the numerous health related environmental cultural and politico economic issues associated with them With more than 700 alphabetically arranged entries this two volume encyclopedia contains enough listings to allow readers to research a wide range of fascinating topics The author treats the massive amount of subject material within this reference title in a fair and balanced manner A secondary focus of this encyclopedia is to chart the spread of some American fast food chains and commercially produced junk foods internationally **Prescription for Nutritional Healing, Sixth Edition** Phyllis A. Balch CNC, 2023-03-28 The nation's 1 bestselling guide to natural remedies totally revised and updated This fully revised edition includes both time honored proven strategies and the latest science to arm you with the best natural therapies for your health In this volume a reference work of unparalleled authority the updated material includes natural ways to lessen the severity of Alzheimer's symptoms cutting edge information about COVID 19 and other viral infections as well as practical ways to help your body cope with acute and long term symptoms nutritional information on menopause and breast and prostate cancers science about chronic fatigue syndrome CFS and fibromyalgia FMS and how you can gain more control over your symptoms *Prescription for Nutritional Healing Sixth Edition* is the source for accessible evidence based information that serves as a guide for using natural nutritional remedies to achieve and maintain wellness **Nutrition Sense** Linda Bickerstaff, 2008-01-15 Written by a retired surgeon this book balances a lively yet serious discussion of the science behind calories and fats with an engaging presentation of the how to and benefits of balancing meals Using tables charts diagrams and reader friendly text the author provides helpful tips on counting calories understanding the food pyramid and preventing obesity The discussion on fats includes an examination of the current debate among scientists about the amount of saturated

fats that should be included in a healthful diet **Hungry Planet** Faith d' Aluisio, 2007-09 Provides an overview of what families around the world eat by featuring portraits of thirty families from twenty four countries with a week's supply of food

School Library Journal ,2003 **The Publishers Weekly** ,2002 *Journal of the American Dietetic Association* ,2003 **American Book Publishing Record** ,2002 **Forthcoming Books** Rose Arny, 2002 **Glamour** ,2002

Indianapolis Monthly ,2003-05 Indianapolis Monthly is the Circle City's essential chronicle and guide an indispensable authority on what's new and what's news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy's cultural landscape

Books in Print Supplement ,2002 **Trick Yourself Into Losing Weight** Robert Elias, 2005-06 Trick Yourself into Losing Weight is for people who have learned that diets don't work If you're not there yet don't buy it If you are this will give the information and techniques to painlessly lose weight and keep it off Patience is required but the results will be lasting You will be taught how to make small changes in your eating habits and exercise that will make lasting and significant changes to your waistline Your weight loss plan will be composed of foods that you normally eat including the occasional feast No packs of diet foods to buy No craving for foods that you are deprived of unlike most of the diet fads in vogue today Trick Yourself will show you the science and psychology involved in weight loss With understanding will come greater motivation to make those changes necessary to lose weight **The Weight Loss Cure "they" Don't Want You to Know**

about Kevin Trudeau, 2007 This work by a #1 New York Times bestselling author presents a revolutionary plan that helps readers to reshape their body get rid of abnormal fat increase their metabolism eliminate hunger and food cravings and reveals why the food industry wants to keep the population fat **Washington Confidential** Lee Mortimer, Jack Lait, 2023-11-21 Washington Confidential by Lee Mortimer Jack Lait Published by DigiCat DigiCat publishes a wide range of titles that encompasses every genre From well known classics literary fiction and non fiction to forgotten or yet undiscovered gems of world literature we issue the books that need to be read Each DigiCat edition has been meticulously edited and formatted to boost readability for all e-readers and devices Our goal is to produce eBooks that are user friendly and accessible to everyone in a high quality digital format **Los Angeles Magazine** ,2005-10 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian *The Saturday Evening Post* ,1917 *The Advocate* ,2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States

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 truly 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 set about 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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