



Eat This Not That! Supermarket Survival Guide: The No-Diet Weight Loss Solution

David Zinczenko, Matt Goulding

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With more than 50,000 food products in the average supermarket, it's no wonder shoppers feel confused and overwhelmed. How do they know what to buy to eat healthier and avoid packing on pounds? And as food prices skyrocket, how do consumers know they're getting the best deals?

Luckily they have *Eat This Not That! Supermarket Survival Guide* - by David Zinczenko with Matt Goulding - the ultimate authority on packaged foods, produce, and dairy and meat products found in our supermarkets. Newly revised and updated with all-new nutrition facts and information, this expanded edition acts as a trusted bodyguard, steering buyers away from nutritional danger zones and protecting them with the power of knowledge. On every page, readers will find easy-to-follow tips and nutrition facts that help them make the best choices for cutting calories, shedding pounds, and even saving money!

The book's easy-to-carry format and highly visual design make it a perfect companion for the purse or shopping cart. And the information inside, based on extensive research and market reporting, will finally put the shopper in control of his or her family's diet and health.

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