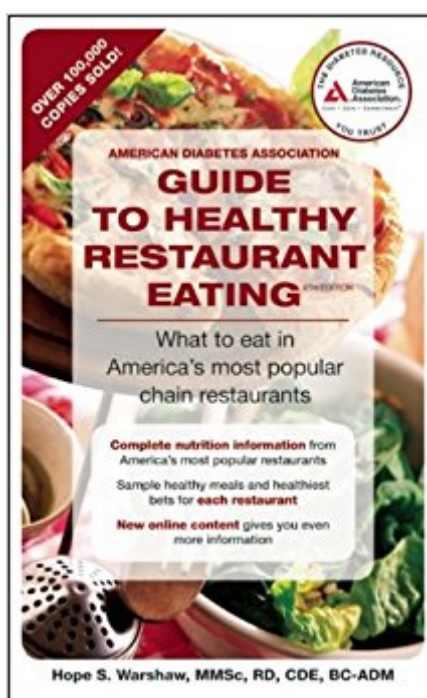


The book was found

American Diabetes Association Guide To Healthy Restaurant Eating: What To Eat In America's Most Popular Chain Restaurants



Synopsis

The information you need! Get counts for calories, carbohydrate, fat, and protein; know the exchanges/choices and serving sizes for every menu item; and find complete menus from America's most popular restaurants. Also contains tips and facts for healthier restaurant eating.

Book Information

Paperback: 846 pages

Publisher: American Diabetes Association; 4 edition (February 24, 2009)

Language: English

ISBN-10: 1580403158

ISBN-13: 978-1580403153

Product Dimensions: 1.8 x 4.2 x 7 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 3.8 out of 5 stars 21 customer reviews

Best Sellers Rank: #1,049,624 in Books (See Top 100 in Books) #84 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #552 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters](#) #759 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#)

Customer Reviews

Hope S. Warshaw, M.MSc., R.D., C.D.E., BC-ADM is a registered dietitian, certified diabetes educator and board certified advanced diabetes manager. Warshaw has worked in the field of diabetes management and education for more than 25 years. She has written several successful books with the American Diabetes Association, including *Guide to Healthy Restaurant Eating* and *Diabetes Meal Planning Made Easy*.

Book was a huge disappointment - did not include huge national chain restaurants such as Outback, TGIFridays, Appleby's, Cracker Barrel, Ruby Tuesdays or Ryan's. Save your money and just go to the restaurant's website - nearly all of them have nutritional information for their menu items now.

If you eat out a lot at fast food places, this is a good report on the content as far as calories and carbs, etc. goes. They do not include all fast food places; think that would be impossible, but a lot of them are shown. Wish they had Whataburger in their book.

This book has been very helpful in figuring out how many carbohydrates are in the food I eat

Wonderful book for diabetic patients & Great Seller!!

My boyfriend is diabetic and I'm not, but I do have a family history of diabetes. We travel quite a bit and stopped in restaurants and just ordered whatever we wanted. Now we can eat much smarter in restaurants, but I also bring food for us to make sandwiches and healthy snacks.

Like it

This book is good for most of us since, we do not realize the calorie content of food in different restaurants. The other important information so the sodium content...really bad for diabetes.

There are a number of restaurants in the book that are unknown to this writer. Maybe they are in another state. Seems rather complete on the familiar ones. Book good for more than just someone with diabetes. Section on sodium levels really caught my attention.

[Download to continue reading...](#)

American Diabetes Association Guide to Healthy Restaurant Eating: What to eat in America's most popular chain restaurants Type 2 Diabetes: The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included) [Type 2 Diabetes, Type 2 Diabetes Cure, Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Diabetes Diet: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin,

Diabetes recipes) Cocinando para Latinos con Diabetes (Cooking for Latinos with Diabetes)
(American Diabetes Association Guide to Healthy Restaurant Eating) Diabetes: The Most Effective
Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type
2 Diabetes, Reverse Diabetes) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating,
Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living
Wellness and Weigh loss, Eat Clean Diet Book Diabetes Diet Cookbook: Delicious Low Carb
Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes
Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Reverse Diabetes In 4
Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet)
(Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by
Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes,
Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Reverse Diabetes Naturally &
Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels &
Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About
Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance,
Diabetes Cure, Lower Blood Sugar to Normal) Reverse Diabetes: The Natural Way - How To Be
Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes,
Reversing Diabetes, Diabetic Health) Cure diabetes : Diabetic No More: Normalize Blood Sugar,
Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type
2 Diabetes, Reversing Diabetes, Diabetic Health) DIABETES: 15 Super Foods To Quickly And
Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure
- Diabetes Natural Remedies - Natural Diabetes Remedies) Eating Insects. Eating Insects as Food.
Edible Insects and Bugs, Insect Breeding, Most Popular Insects to Eat, Cooking Ideas, Restaurants
and Where to

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)