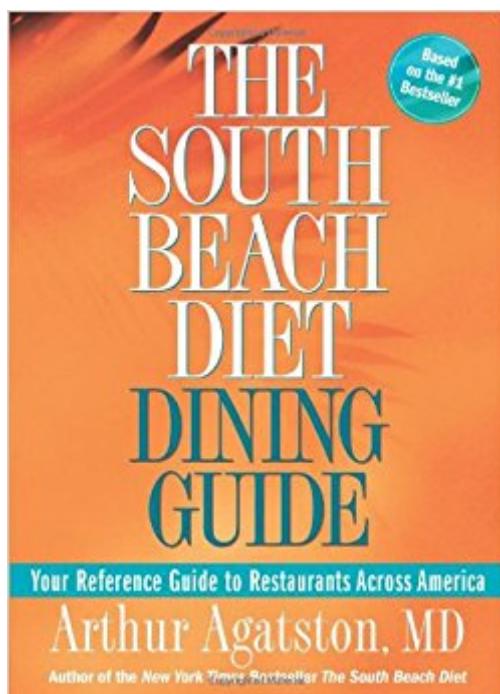


The book was found

The South Beach Diet Dining Guide: Your Reference Guide To Restaurants Across America



Synopsis

Americans spend \$440 billion eating out at restaurants each year, and as the American culture is increasingly on the go, we let diets fall by the wayside as we fuel up on fast food and convenience foods. Now, with The South Beach Diet Dining Guide, Arthur Agatston, M.D. will give dieters a trusted resource to keep them on track wherever they go. The first part of the book features listings of over 75 of the most popular chain and family restaurants in America, including mall and airport listings. For each entry, the book provides an editorial overview and specific menu recommendations and nutritional information. The South Beach Diet Dining Guide focuses on what you can eat, not what you should avoid! The second part of the book covers suggestions on what to eat from different ethnic food categories, such as French, Italian, Mexican, Spanish, Indian, and Japanese. A bonus section for the business traveler will include an editorial overview and menu suggestions from South Beach-friendly restaurants in 15 of the most well-traveled cities: New York; Los Angeles; San Francisco; Boston; Chicago; Atlanta; Dallas; Cleveland; New Orleans; Kansas City; Minneapolis; Miami; Washington, DC; St. Louis; and Las Vegas.

Book Information

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Customer Reviews

Arthur Agatston, M.D., is a preventive cardiologist and associate professor of medicine at the University of Miami Miller School of Medicine. In 1995, Dr. Agatston developed the South Beach Diet to help his cardiac and diabetes patients improve their blood chemistries and lose weight. Since

then, his book The South Beach Diet and its companion titles have sold more than 22 million copies. Dr. Agatston has published more than 100 scientific articles and abstracts in medical journals, and recently he received the prestigious Alpha Omega Award from New York University Medical Center for outstanding achievement in the medical profession. He lives in Miami Beach with his wife, Sari.

Nice to know you can figure out options when you dine out. Sane advice

I bought this book for a friend, who told me that it was really helpful to have a guide on how to eat in restaurants while continuing to enjoy weight loss. That makes this an especially good book for people who have to dine out a lot.

This book is very informative but I didn't care for the format. Too descriptive about the restaurant & not enough graphics to show what you could eat. Pricey for the content. Would recommend borrowing instead of buying. Have had success with SB & like the program but not this book.

So, so. I got it for the wife who's not computer-savvy. Need recipes? Find anything under the sun online.

A good book with a great deal of very useful information. The trick is to apply it and use it on a regular basis. Like most, I went into it full steam intending on making it my new bible, which it was for a week or two. I still refer to it occasionally, but not as often as I had originally intended. All in all, this is a very good addition to anyone's healthy lifestyle resources.

A must have if you are on this diet. When I'd go out to eat with friends I never felt left out and I didn't have to have just a salad while everyone else was eating their lavish meals. There were so many choices I could join right in.

Since my doctor endorsed this diet, I needed to see what my options were when I was traveling or dining out around home. It has been a good guide to help me stay on my path to my goal. It also helps me to make better choices at the restaurants that might not be in the book because of what I have read. You get the jest after you get started with it!

This was for my husband new diet. It has helped him out a lot.

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