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Nutrition Doc's Prescription: Eat Right When You Eat Out

An astounding 47% of the American food dollar is spent eating out. “Yet,” says Joanne “Dr. Jo” Lichten, PhD RD, author, speaker, and registered dietitian, “anyone with a desire to stay healthy or lose weight knows that restaurant menus are a potential mine field of fat, calories, and cholesterol.”

Dr. Jo’s third edition of *Dining Lean: how to healthy when you’re not at home* (Nutrifit Publishing, \$19.95, ©2007) is the only available book providing comprehensive, up-to-date nutritional stats on thousands of menu items including those from nearly 70 Americas eateries, covering everything from bistros to burger joints. Since half of all restaurants are not from a chain, *Dining Lean* also includes tips for healthy selections from every course from appetizers to desserts and covering all the ethnic cuisines such as Cajun, Asian, and Middle Eastern. In addition, actual size drawings and innovative, easy-to-use “Calorimeters” enable readers to calculate the fat and calorie for a variety of portion sizes.

“We live in a food-labeled world except when it comes to restaurant foods. Plenty of people practice healthy eating at home, but the average American eats out five times per week,” says Dr. Jo, whose career as a professional speaker and media spokesperson takes her out to eat over 500 times a year. “Our choices in restaurants can either save or sabotage our health and weight. *Dining Lean*, the next best thing to nutritional labeling for restaurants, can help you satisfy your palate without expanding your waistline.”

Dining Lean: how to eat healthy when you’re not at home is available through any major bookstores or www.drjo.com. ISBN 1-880347-50-4, 6” X 9”, \$19.95 trade paperback, 300 pgs incl. drawings, charts,& index. Wholesalers: Ingram.

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For More Information, please contact:

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| Nutrifit Publishing (770) 973-6242 | PO Box 669144 Marietta, GA 30066 contact@drjo.com www.drjo.com |
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