

Praise for

# Dining Lean

How to Eat Healthy in your Favorite Restaurants

**“*Dining Lean*...offers Lichten’s innovative ‘Calorimeters,’ easy-to-use charts that group foods by type and serving size to help readers estimate the total energy and fat grams in any food item.”**

- Journal of the American Dietetic Association

**“Eating Out? Watch the Fat...*Dining Lean* has useful diagrams and comparative drawings to help determine serving size...contains information that some may find surprising.”**

- Ramin Jaleshgari, Newsday

**“Rather than give up on restaurant dining, order more wisely’, suggests Joanne V. Lichten, a Houston-based registered dietitian...‘Dining out healthfully is about choices – not deprivation’. That’s the word from...Lichten, who’s living proof that you can dine out and maintain a healthful eating style...‘*Dining Lean*] has a different philosophy than diet books that say don’t eat this’. ...For Lichten, no food is off limits. It’s a matter of priorities.”**

- Karen Haram, San Antonio Express News

**“*Dining Lean* breaks out healthy choices by appetizer, accompaniments, sauces, and entrees in a variety of ethnic and chain restaurants.”**

- Frequent Flyer Magazine

**“If you’re on a perpetual diet, a quest to eat healthy, or just curious about the dietary impacts of dining out, then this handy nutritional guide was written just for you. The book also includes information on what to avoid – and what to order – for healthy eating at restaurants varying from Indian to Italian.”**

- Independent Publisher

**“Joanne V. Lichten, a dietitian and PhD, has written a new guide on how to eat healthfully while eating out. It contains listings of hundreds of fast food and other restaurant foods, plus actual-size drawings of portions to help you make dine-out decisions.”**

- Ann Criswell, Houston Chronicle

**“It’s easy to control what you eat when you are in control in the kitchen. But, dining out is another challenge altogether. Dr. Joanne Lichten’s *Dining Lean* is an exhaustive reference for maintaining your healthy habits in restaurants. Well researched, yet easy to read and friendly, it is filled with tips, nutrition facts, and specific information on the most popular restaurants. Don’t leave home without it!”**

- Mary Guay, Author of *Don’t Diet - Live It!*

**“Lichten packs a ton of easy-to-understand nutritional information in this 284 page paperback ...The first two chapters – a sort of crash course in ‘Nutrition 101’ – are especially useful. *Dining Lean* is an excellent resource to keep handy for answers to your most common nutrition questions.”**

- Karen Andreas, The Salem Evening News, Salem, MA

**“...offers positive, realistic steps toward eating healthfully....Although her chapters are oriented to restaurant dining, they are just as applicable for meals you eat at home.**

- The Desert Sun, Palm Springs, CA

**“Lichten’s book is about making informed decisions.”**

-Barbara M. Houle, Telegram & Gazette, Worcester, MA

**“...in this business it’s all too easy to grab a burger on the way to a story, and thus I’d fallen off the ‘eating healthy’ wagon many, many times...your book will be able to help our entire newsroom.”**

- Shea Daugherty, KZTV, Corpus Christi

**“If you eat, read this book! *Dining Lean* is full of easy-to-digest facts and suggestions on how to gain the upper hand regarding your dietary decisions. I highly recommend it!”**

- Tony Alessandra, PhD, Author of *The Platinum Rule & Charisma* (Warner Books)

**Dr Jo's**

# Dining Lean

How to Eat Healthy in your Favorite Restaurants  
*without feeling deprived*

3rd edition

**Joanne V. Lichten, RD, PhD**

**Nutrifit Publishing**

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