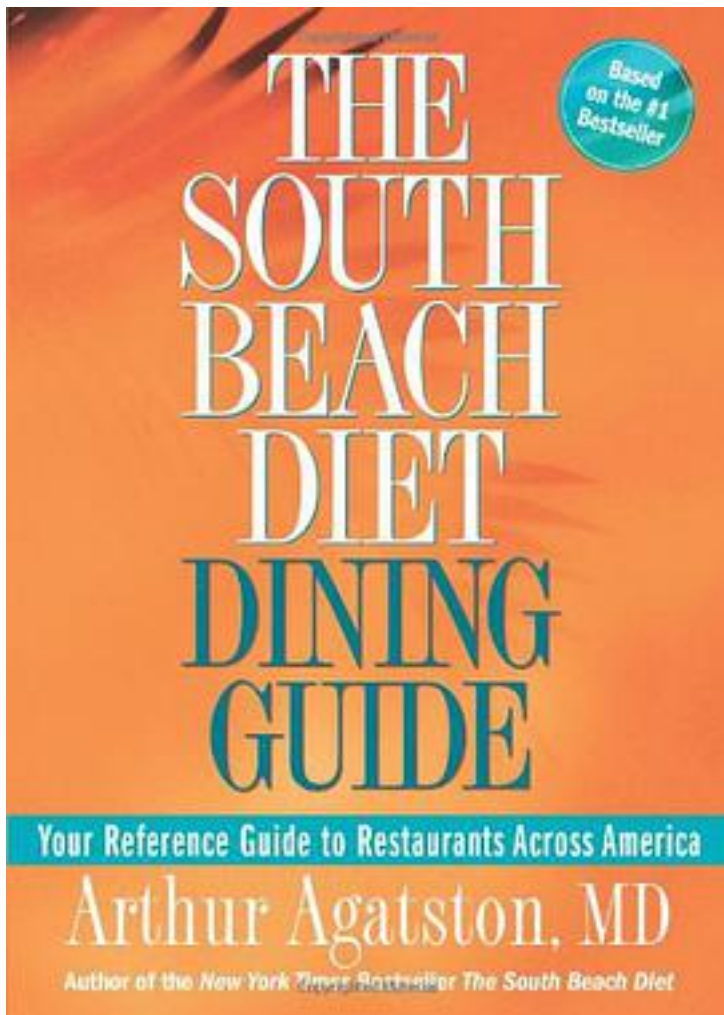


# The South Beach Diet Dining Guide



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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," dieters will have 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.

作者介绍:

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