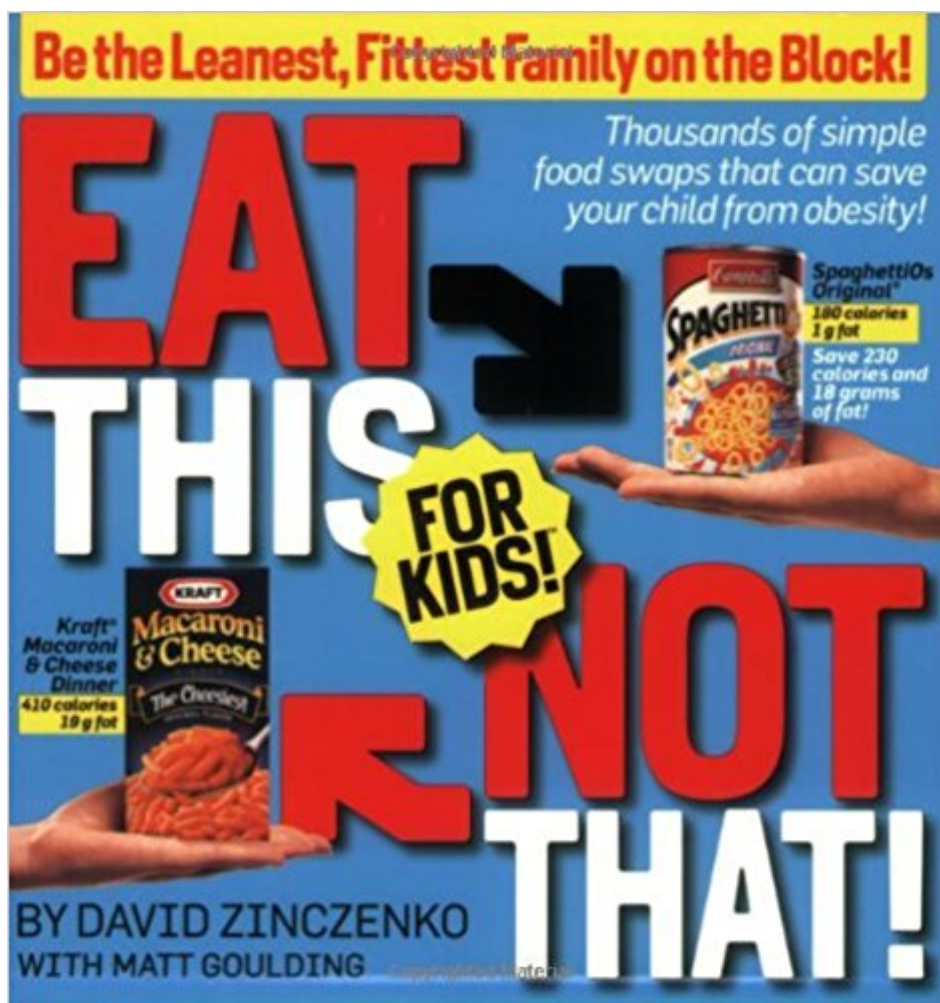


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# Eat This Not That! For Kids!: Be The Leanest, Fittest Family On The Block!



## Synopsis

Eat This Not That! for Kids!: Be the Leanest, Fittest Family on the Block!

## Book Information

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## Customer Reviews

**Product Description** It's no secret that children are getting fatter: 17% of this country's youth are overweight or obese, and the number of diabetic children has nearly quadrupled in the past thirty years. Now, to help combat the problem, David Zinczenko, editor-in-chief of Men's Health, and co-author Matt Goulding have created Eat This, Not That! for Kids. This must-have guide for concerned parents offers detailed analysis and nutritional tips on thousands of the most popular food choices for kids. Covering the best and worst options available at the most popular restaurants in the country as well as the healthiest and most harmful foods in the supermarket aisles, if kids are eating it, this book is probably analyzing it. Other features include:-Restaurant Report Cards on the best chain restaurants for your kids-Drink This, Not That! for Kids-The 20 Worst Kids' Meals in America-10 "Healthy" Foods that Aren't-The 8 Foods You Should Feed Your Kid Every Day Get Help Making Meals With Nutrition Guides From Eat This Not That For Kids (Click to Enlarge) **About the Author** DAVID ZINCZENKO, editor-in-chief of Men's Health magazine, is the author of the New York Times bestsellers The Abs Diet and The Abs Diet for Women. Once an overweight child, Zinczenko has become one of the nation's leading experts on health and fitness. He is a regular contributor to the Today show, and has appeared on Oprah, Good Morning America, and Primetime Live. MATT GOULDING is the food and nutrition editor of Men's Health. He has cooked and eaten his way around the world, touching down in

Allentown, Pennsylvania, where he divides most of his time between computer and stovetop.

• We are learning so much [from Eat This, Not That! and Eat This, Not That! For Kids]. •

• Rachael Ray • I love nutrition, I've gone to nutritionists, but putting it in this kind of stuff that we recognize in our everyday lives with our families, is truly educational. This is great. • • Bonnie Hunt, host of The Bonnie Hunt Show • You can still have fun, but there are alternatives. • • Al Roker, TODAY

I absolutely love this book. I thought I was making healthy food choices before (and I was, for the most part). But this book opened my eyes to some shockingly bad food choices I was making. It also surprised me to find out how deceptively some food was marketed as healthy when it was anything but. (Organic "health food" cereal with as much sugar as a soda, for instance .. who would have thought??!!) I'm so glad I bought it .. you will be, too! I was so impressed that I even bought extra for other family members!

Let me first start with the good: This is an excellent book for families who eat out a lot. When you go to out to eat the menus don't have the calories/fat grams listed so you hope that your going to make the right choices for your children. This book helps you make better choices. The not so good: I wasn't very thrilled with the shopping side of the book. I feel like some of the comparisons were bias. For example while flipping through I noticed a trend, the horizon organic was nine times out of ten on the don't eat side, being compared to food I would not call comparable. They compared horizon regular cottage cheese to a low fat non-organic cottage cheese, seems a little unfair considering that horizon has a low fat cottage cheese also why not compare that. I have issue with a book that would compare items that aren't really the same. Another example they compared quaker organic oatmeal to a low sugar oatmeal, really? The health benefits to eating organic are unquestionable, foods that have had pesticides, herbicides and hormones added or used during production contain phytoestrogens which increase estrogen levels which in its self can lead to obesity and children developing way too early. I did give it 3 stars so I'll end on a positive, I did like that on a few items, they compared a low fat version to the same brands regular version. example: Club cracker you only save a gram of fat in the low fat version but get more sugar and sodium, not worth it eat the regular. I'm not say don't buy the book, I'm just saying take with a grain of salt. And keep in mind this is giving you better options to what you may already be feeding you family, not the license to feed you family only items on the eat list because there are far better options out there

then even those.

In parenting as in life, it's all about making good decisions. The trick is knowing which choices are the right ones. This small colorful book tells you very simply which food choices are the right ones. It not only tells you, but also shows you with hundreds of color photos. Although it is supposedly for kids, the information is useful -- and fascinating -- for anyone. We've all heard the scary statistics about the rise in obesity, especially in children. Food marketers are doing everything they can to keep that trend alive. According to the Federal Trade Commission, kids ages 2 to 11 will see 26,000 TV ads this year, 22 percent of them marketing food. "The message -- that junk food equals instant happiness -- is one that sticks with a child for all his life." *Eat This Not That!* gives sound advice on how to combat this problem. The first chapter has eight simple rules for kids and families to follow:

- Rule #1: Never Skip Breakfast. Ever.
- Rule #2: Snack with Purpose. (A good idea: popcorn; not the kind saturated with butter and salt, but natural popcorn. Another good idea: Kids must ask permission for a snack, but never need permission to reach for a piece of fruit.)
- Rule #3: Beware of Portion Distortion. (A good idea: Buy smaller bowls and cups.)
- Rule #4: Drink Responsibly. (A good idea: Keep cold, filtered water in a pitcher in the fridge.)
- Rule #5: Eat More Foods and Fewer Science Experiments. (A good rule of thumb: The shorter the ingredient list, the healthier the food.)
- Rule #6: Set the Table (A good idea: Keep mealtimes as structured as possible.)
- Rule #7: Kick the Sugar Habit. (A good idea: Eliminate foods with sugar or high-fructose corn syrup at the top of the ingredient list.)
- Rule #8: Eat the Rainbow. Red, orange, yellow, green, blue and purple foods have a multitude of benefits. You'll be surprised, finding out whether some foods are on the good or bad list. Learning that Applegate Farms organic uncured turkey hot dogs are on the *Eat This!* side isn't so surprising. But JosÃ© OlÃ© shredded steak taquitos? Breyer's Double Churn creamy vanilla bean ice cream? It seems "Double Churn" is Breyer's code word for low-fat, which makes this dessert a go. Oscar Mayer bacon scores a Yes, while Oscar Mayer turkey bacon scores a No, because of the extra sodium in the supposedly more healthful turkey option. I had to wrestle *Eat This Not That!* out of my 14-year-old daughter's hands to write this review. She was captivated, poring over it exclaiming on the different foods we now eat that we should swap for others. She wailed when she saw the Cadbury Creme Egg as the very worst in the "Worst Candy" section. And she can kiss those Hershey's Kisses goodbye. Oh no! Sun Chips are on the *Not That!* list! Some of her favorites were on the *Eat This!* list, though: Marshmallow peeps, Tootsie Pops, Boca burgers, Eggo Nutri-Grain low-fat waffles, MultiGrain Cheerios, Egg McMuffins and Kraft Tangy Italian spaghetti dinners. I could go on and on about this book. It covers school cafeteria food, fast-food restaurant

food, vending machine snacks, kid-friendly recipes, how to read nutritional labels, holiday meals and fun exercises for kids of different age groups. Each food lists its complete nutritional information, including the portion size, calories and grams of fat and sugar. Other books I recommend on this topic:Â In Defense of Food: An Eater's Manifesto, Animal, Vegetable, Miracle: A Year of Food Life, andÂ Deceptively Delicious. Here's the chapter list: 1. Feeding the Future; The 8 rules of kids' nutrition 2. At Their Favorite Restaurants; The best and worst meals at 40 fast-food and chain restaurants 3. The Eat This, Not That! Ultimate Menu Decoder; Strategies for eating right at any restaurant 4. At the Supermarket; The complete Eat This, Not That! For Kids! grocery list 5. At School; How to survive and thrive in the cafeteria and beyond 6. At Home; Making your home the healthiest in the neighborhood 7. A Legacy of Fitness; Shed pounds with your kids with these fun family activities

Nice idea but I'm not going to look at this every time I want to go out to eat. Assuming you're doing this to be healthier...I would just recommend making your own food at home & eating exactly what you want when you have a "treat" by eating out occasionally.

This is definitely a must read for every parent. A couple of years ago I converted my household to a nearly no trans fat and partially hydrogenized living place. With a family history of breast cancer and heart disease, I felt it important to keep my two boys (ages 3 and 1) as healthy as possible. The series of books (Eat this not that) are great for both people like me who do in fact read every darn label and limit processed foods and for your everyday McDonald's supporting family. Too many people think "diet" to be healthy when all they have to do is read the ingredients to see how much sugar is pounded into processed and canned goods. While I'm not perfect (I had a Red Robbin burger last week!) I do think it's important for us, and by us I mean Americans, to realize that our society is heavier than it should be and it starts at home with our children and what they learn. My 3 year old is in a "I don't want to eat anything" phase, so sometimes I really REALLY need suggestions and ideas of what he might go for, and the books help. It's worth the few bucks on the entire collection, which I keep on my counter for every day easy access.

Our grandson age 8 was reading the regular Eat This, Not That when he discovered the kids version which he immediately put on his Christmas list. Being good grandparents we were only too happy to get this for him. He reads it often and lives by it.

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