



Drink This Not That!: The No-Diet Weight Loss Solution

David Zinczenko , Matt Goulding

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Drink This Not That! by David Zinczenko with Matt Goulding

The fastest way to lose weight isn't on the treadmill. And it's not by counting calories, either. Believe it or not, the easiest, fastest, and longest lasting way to lose weight doesn't even involve watching your food intake: It's all about watching what you drink.

See, if you're like the average American, today you will drink about 450 calories. That's a quarter of the calories you're supposed to eat in an entire day—and then, of course, you'll eat plenty of calories, too!

But now there's Drink This, Not That!, the breakthrough new book from the editors of Eat This, Not That! New research reveals that it's not just our food that's making America fat—it's the beverages we wash it all down with. But you can strip away calories and fat—up to 23 pounds this year alone—simply by changing your choices of drinks (and still eating all your favorite foods)!

Did you know:

*One bottle of Sunkist orange drink has more sugar than four packs of Reese's Peanut Butter Cups

*A large Grape Expectations II Smoothie from Smoothie King has more sugar than 13 Twinkies!

*If you turn your large latte into a large cappuccino, you could lose more than 9 pounds this year!

*A White Chocolate Mocha from Starbucks has more than 20 times as many calories as their regular coffee!

With this illustrated guide to hundreds of drink options—and eye-opening nutrition secrets for fast and permanent weight loss—you'll make the smartest choices for you and your family, every time.

Additional features in Drink This, Not That! include:

- The 20 Worst Drinks in America
- The Truth About Bottled Water
- The Truth About High Fructose Corn Syrup
- The Anatomy of America's Most Popular Beverages
- Energy Drinks: Energy or Enemy?
- The Ultimate Smoothie Selector
- And more!

Drink This Not That!: The No-Diet Weight Loss Solution Details

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Ita says

The big bright graphics and pictures made me think this was a lightweight fluffy book. Surprisingly it was filled with quite a bit of good information. It has 9 chapters and a handy index.

Chapter 1: Drink Up, Slim Down

Chapter 2: At Your Favorite Restaurant

Chapter 3: Soft Drinks

Chapter 4: Functional Beverages

Chapter 5: Smoothies (it has recipes)

Chapter 6: Dairy

Chapter 7: Coffee and Tea

Chapter 8: Wine

Chapter 9: Beer and Cocktails.

I did a fair amount of skimming, stopping only to read information I didn't know already.

Bottom line: Always choose the beverage with the lowest calories (duh). Plain old water is best, of course. Avoid sweet drinks, even those with artificial sweeteners.

So to save you time: Drink only water and you'll lose weight *and* you'll be healthier. And it works. When I stop drinking Dr. Pepper every morning, I start to lose weight after a couple days. Slowly, of course.

Sara says

I'm reading this series. There are some good points brought up in this book. It does make one aware of all the bad stuff that is in all those tasty, tempting products. I don't agree with everything in it - moderation is the key and I'm not one for artificial sweeteners, but it's still interesting.

One point I am begging to differ on. It was an aside comment on the sweeteners they put in food, such as bread. The author made the claim that Grandma wasn't putting sugar in her whole wheat bread. Uh? Of course she was. Yeast needs sugar; ergo, bread recipes have sugar. I got out a World War II cookbook and, sure enough, the whole wheat bread recipe calls for sugar. Actually, a little more sugar than you find in modern day recipes. Just sayin'.

Okay, to qualify the statement above now that I've put more thought into it. Yeast can use the sugar in the flour but almost all bread recipes call for a little added sugar to feed the yeast and make the bread rise faster and give some flavor. Still, I went through a couple old cookbooks and that grandma was putting some sugar in her wheat bread.

Arlene Lauper says

Quick read. My husband and I got a kick out of the discovering how many calories, sugar and fat content are in our favorite drinks.

Barb Bailey says

Helpful and informative. # of things to do for 100 day challenge !

drink at least 4 cups of water a day

stop drinking all soda (I'm almost there already)

watch bottled drinks.....stick with lipton tea w/ lemon, green tea, lemonade

use Almond milk or 1 %

make healthy smoothies w/ greek yogurt and real fruit

order water in resturants

start and end each day with big glass of ice water

Christiana says

Beverages are scary.

Amy says

Yet another This Not That Book that I enjoyed since I learned so much when I read through this. I especially liked the chapters devoted to artificial sweeteners (avoid saccharin at all costs) and the anatomy of popular beverages. Let's face it, what we drink has so much sugar in it, it is actually horrifying to see it in print. A few yummy smoothie recipes are thrown in for good measure and make you want one now on these hot days.

Tanya says

I do indulge in these sort of treats occasionally and reading this reinforced why it's important not to choose high calorie beverages on a daily basis.

Key steps to avoid drinking an excess of calories:

- 1) Swear off soda and iced tea.
- 2) Drink 8 cups of ice water daily, from the moment you get up and 30 minutes before each meal.
- 3) Drink yogurt based smoothies daily.
- 4) Avoid juices and juice drinks.
- 5) Drink coffee, not blended coffee drinks.

The book touts good ol' H2O as a hero: "Drink water. Lots of it. Mostly tap." It's a real eye-opener, if the facts are true, that on average, liquid calories now account for 21% of our daily intake (about 400 calories per day). I'm grateful for the books in this series that tell it like it is so we can know the facts about the items we are consuming, so we can make better choices.

Jan says

Having enjoyed the other two books I'd read from the same authors, and seeing Zinczenko on TV comparing calories, I was drawn to this book as I don't always pay attention to what I'm drinking calorie wise. What you do drink does make a vast difference in assisting in weight loss and I now have a list of "approved" drinks for future reference. It's so easy to order just anything when you're thirsty.

Margaret says

I happened to pick this up in the library one day and it's what got me started on David Zinczenko's awesome eating guides. I won't pretend to have lost weight with it BUT I know that many people have and many people will. The one problem with these books is that they are geared toward people who eat out a lot. I hardly ever eat out, and hardly ever fast food. That's why these books haven't helped me personally. However, I know that as I grow up and go to college there will be much more temptation to eat fast food and these books may well keep me from gaining the freshman 15! Right now, though, it's kind of a disappointment to find that to lose 20 pounds and still eat cheesecake I would have to be eating PF Chang's cheesecake once a week.

Wonderful books, very interesting, perfect for other situations, but they're just not going to help me at this point in my life.

Robin says

Like a scary picture book for grown ups who want to know how many millions of calories are in that starbucks frappuccino. Easy to flip though and see good & bad drinks in categories like juice, dairy, coffee/tea, beer, liquor, soda. Sad to see some of my favorite drinks on the "bad" list (tonic water = sugar water, san pellegrino limonata = more calories than a coke.) I now have a few new brands of low-sugar juices & teas to try, and will never drink a frappuccino again. :-)

K. Gibson says

Who knew the regular Starbucks coffee had more frigging sugar than the latte

Kara says

Love it, love it, love it.

Three things I am resolved to do after reading this book:

- 1) Never have a Mocha Blast from Panera again (670 calories!!!)
- 2) Be VERY careful about which juices and how much of them I drink
- 3) Take a closer look at drinks being marketed as “healthy”

For a small book, it packs a LOT of information in, all of it easily accessible and understandable. The facts about different types of drinks are laid out in a manner that is almost impossible to ignore – only overshadowed by the extremely well done photography that shows what drinks are the sugar equivalent of in junk food (Just 1 McDonald’s Milkshake is 13 of their apple pies!)

The book is well laid out by both type of drinks and types of chain restaurant – meaning there is no excuses to look up what your favorite “little” indulgence is costing you in calories.

A must read for anyone looking to improve their daily/weekly eating out habits.

Alvin says

Once again ETNT is on point!

Melisande says

Really great easy to absorb information on what to pick to drink. This is a must have book if you like coffee or smoothies in general but anything drink wise in particular. It covers both restaurants and grocery store purchases. It also has recipes for at home low calorie/fat choices. I love this book

Beth says

I really enjoyed the others in the series, but this one totally fell flat. The authors kept comparing things that shouldn't be compared. For example, they would pit a 36 oz drink against a 12 oz drink (or some variation thereupon). Of COURSE the bigger drink is going to have more calories! I felt they did it to better prove their point about how "evil" some of the drinks are. Also, they did the classic "apples and oranges" comparisons. In one fast restaurant, they recommended drinking milk over orange juice. It was a difference of 10 CALORIES, but besides that, the two items are not on equal footing. I could get comparing milk with

chocolate milk or orange juice with soda, but MILK and ORANGE JUICE?

Disappointing.
