



The 400 Calorie Fix Dining Guide

Liz Vaccariello, The Editors of Prevention

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The latest scientific research shows that the most straightforward way to lose weight--controlling calories--is consistently the most successful. The *400 Calorie Fix Dining Guide* makes it easy: Take control wherever you go with this dining companion. Chock-full of easy and insightful tips, this guide keeps you on track while you browse your options at a restaurant, buffet, bar, or other fun locale.

In the *400 Calorie Fix Dining Guide*, you'll find:

- Best 400 Calorie Meals at the diner, movies, ballpark, and more
- At-a-glance portion guides using the 400 Calorie Lens
- Mix-and-match foods to build your own 400-calorie meals

No matter where you go, there's a 400 Calorie Fix to slim and satisfy you!

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