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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.

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Health David Zinczenko is author of the all new Eat This, Not That! 2013 No Diet Weight Loss Solution The Best and Worst French Fries in America

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The all-new ultimate weight-loss website featuring simple food swaps, no-diet weight loss solution; Best of Health. 8 Foods You Should Eat Every Day. 1.

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The Best (& Worst!) Foods in America!: The No-Diet Weight Loss Solution from Eat This Not That! Best (& Worst!) Foods DAVID ZINCZENKO is the editor

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