

HO 15.1 Balancing Calories: Confident in Your Skills?

If you're like most people, you may lack confidence in your skills to lose or maintain weight. This quiz will help you evaluate your understanding of safe and effective ways to balance calories and achieve or maintain a healthy weight. The answers are on page 3.

1. Skipping a meal a day can help you take in fewer calories, aiding in weight loss.
 - a. true
 - b. false
2. About how many calories would you burn while mowing your lawn (with a standard push lawn mower) for about 30 minutes (if you're a 150-pound or 68-kilogram person)?
 - a. 10
 - b. 220
 - c. 400
 - d. 600
3. Eating after this time at night often causes weight gain.
 - a. 5 p.m.
 - b. 8 p.m.
 - c. 10 p.m.
 - d. It doesn't matter what time of day you eat.
4. All herbal weight-loss supplements made from natural ingredients are safe and effective.
 - a. true
 - b. false
5. Which of the following factors contribute to the energy balance scale (energy in versus energy out)? Choose all that apply.
 - a. physical activity
 - b. alcohol
 - c. digestion
 - d. fat
 - e. protein
 - f. resting metabolism
 - g. carbohydrates
6. All fast foods are high in fat and calories and should not be part of your diet if you are trying to lose or maintain weight.
 - a. true
 - b. false

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7. Which of the following foods help to burn fat and can help you lose weight?
 - a. celery
 - b. grapefruit
 - c. salsa or hot sauce
 - d. cabbage soup
 - e. all of the above
 - f. none of the above

8. The amount of time you spend eating your meals can affect your weight.
 - a. true
 - b. false

9. You can usually assume that if a food is low fat or fat free, it is also low in calories.
 - a. true
 - b. false

10. Which of the following eating plans or diets is a healthy way to lose weight?
 - a. high-protein and low-carbohydrate diet
 - b. vegetarian diet
 - c. grapefruit diet
 - d. none of the above

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Answers

1. b

When you skip meals, you are more likely to snack or overeat during subsequent meals, resulting in little (or no) calorie deficit. Several studies have shown that people who skip breakfast tend to eat more total calories or weight more than those who eat a nutritious breakfast.

2. b

You'll burn about 220 calories, or the amount of calories in 20 regular potato chips!

3. d

How much you eat during the whole day and how much you exercise during the whole day influence your weight. Whether you eat excess calories in the morning or before you go to bed, all excess calories will be stored as body fat.

4. b

As you learned in session 13, natural does not mean safe and effective. Additionally, many of these products have not undergone rigorous testing and can harm you if taken with (or without) other prescription or over-the-counter drugs.

5. a, b, c, d, e, f, g

All of these factors contribute to the energy balance scale. The "energy in" part of the scale includes fat, alcohol, carbohydrates, and protein; the "energy out" part of the scale includes resting metabolism, digestion, and physical activity. All are contributors to weight maintenance, weight gain, and weight loss.

6. b

All foods fit! Additionally, more and more fast food restaurants are offering healthier (lower-fat, lower-calorie) options. Salads and grilled foods can easily be part of a healthy diet, and high-fat toppings and dressings can fit into a healthy diet if you eat them in moderation (small amounts).

7. f

Despite what weight-loss plans or products claim, no foods burn fat. Fad diets or products that include these foods may result in weight loss, but this is due to a reduction in caloric intake or total body fluids, not from any fat-burning properties of the foods.

8. a

It can take your stomach 20 minutes to tell your brain that it's full! By chewing more, putting down your knife and fork between bites, and conversing during meals, you can increase the amount of time you take to eat, allowing your brain to get the "I'm full" signal, resulting in your ability to prevent overeating.

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9. b

Many low-fat foods are just as high in total calories as the high-fat varieties. Often, food manufacturers add extra sugar, flour, or starch thickeners to improve the taste of low-fat foods. Hence, you want to be sure to read the food labels on all food products.

10. d

As we pointed out in session 13, high-protein and low-carbohydrate diets are not balanced, are not sustainable, and can cause unhealthy side effects including strain on kidneys, dehydration, headaches, weakness and fatigue, and loss of water and lean muscle mass instead of fat. Vegetarian diets can be healthy because they are often low in saturated fat and cholesterol and higher in fiber. However, vegetarians, like nonvegetarians, can make unhealthy food choices including sweets, salty snacks, and high-fat dressings and sauces.