Quick Fixes Are Not the Answer for Long-Term Solutions

Questions

1. It is possible to lose weight on just about any diet, however, one needs to be able to:
   A. lose weight quickly
   B. maintain weight loss and a healthy lifestyle
   C. lose weight effortlessly

2. According to the American Dietetic Association, “food fads” are “unreasonable or exaggerated beliefs that eating (or not eating) specific foods, nutrient supplements or combinations of certain foods may cure disease, convey special health benefits or offer quick weight loss.”
   A. True
   B. False

3. Miracle solutions to weight loss teach healthy eating habits making them successful for long-term maintenance.
   A. True
   B. False

4. If it sounds too good to be true, it probably is.
   A. True
   B. False

5. Be suspicious of diets that require you to:
   A. eat a variety of foods each day
   B. be aware of portion sizes
   C. avoid entire groups of foods
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Answers

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