

In the Driver's Seat

Activity E

Chapter 13

Name _____

Date _____ Period _____

When it comes to weight management, it seems everyone has advice to give. Read each piece of advice below. In the blanks, write *GA* for each piece of good advice and *BA* for each piece of bad advice. Then in the space provided, explain why the advice is good or bad. When it comes to weight management, you are in the driver's seat—you are in control of your own food intake and energy balance.

- _____ 1. Think of food as the enemy and self-denial as the goal.

- _____ 2. See a doctor before you begin a weight loss program.

- _____ 3. Think of losing weight as managing intake, not as dieting.

- _____ 4. Read any weight loss plan you are considering carefully and thoroughly.

- _____ 5. The best diets are those that allow you to take off pounds quickly.

- _____ 6. Choose a diet that is as close to your food preferences as possible.

- _____ 7. The all-carrot diet is a good choice because carrots have a lot of vitamins.

- _____ 8. A good diet should allow you to eat out without social discomfort or embarrassment.

- _____ 9. Avoid diets that are based on the use of pills.

- _____ 10. Fasting is well-named because it is the fastest and best way to lose weight.

- _____ 11. To lose weight, cut down on vegetables and whole-grain foods.

- _____ 12. Lose weight slowly to avoid health risks.

- _____ 13. Replace high-fat snacks with fresh fruits.

- _____ 14. Keep a food diary to help identify problem eating behaviors.

- _____ 15. Two or three square meals a day are better than five or six smaller meals.

(Continued)

- _____ 16. A good way to cut calories is to skip breakfast.

- _____ 17. Choose steamed or broiled, not fried, foods when you eat out.

- _____ 18. Drink a glass of water before a meal so you will not feel so hungry.

- _____ 19. Weigh yourself only once or twice a week.

- _____ 20. Always clean your plate.

- _____ 21. Consider going to see a registered dietitian to get counseling about weight loss.

- _____ 22. Diet pills are not addictive as long as you follow the recommended dosage.

- _____ 23. Substitute low-calorie ingredients in the recipes you prepare at home.

- _____ 24. Increase your physical activity to help curb short-term hunger.

- _____ 25. Use a smaller plate so your portions of food do not look so small.

