



Wellness Buddy Wednesday Tip

Test Your Knowledge

- T F 1. If you overeat when you are under stress, the only solution is to avoid the stressful situation.
- T F 2. Walking one mile burns almost as many calories as running the mile.
- T F 3. A modest weight loss of 5-10 percent of initial body weight can produce important health benefits.
- T F 4. To lose one pound per week, you need to create a calorie deficit of 500 calories per day.
- T F 5. Eating rapidly helps you enjoy food more because the taste buds get more stimulation.
- T F 6. Pausing during a meal increases food intake because the body digests food and sends out signals to eat more.
- T F 7. Accurately estimating food portion sizes is not all that important in weight management.
- T F 8. Buying fresh fruits and vegetables that are ready to eat and keeping them readily available is a good way to keep calories under control.
- T F 9. For controlling your blood cholesterol, it is important to limit your intake of saturated fat.
- T F 10. No exercise can help you lose fat in specific parts of the body.

False. If stress and eating are linked for you, you can respond to stress with activities other than eating, such as going for a walk. In addition, you can learn alternative stress management techniques to help you reduce stress.

True. How far you go is more important than how fast you go. This is one reason that walking is an ideal form of physical activity. Of course, running will get the job done faster!

True. Modest weight losses of 5-10 percent of body weight can improve blood pressure, diabetes, high cholesterol, sleep disturbances, and a variety of other medical problems.

True. It takes about 3,500 calories to equal one pound of body weight. So, if you decrease your intake by 500 calories a day, this is equal to 3,500 calories per week—that's about one pound of weight loss per week.

False. Taste buds catch nothing but a blur if the food shoots past like a rocket. Slowing down can help you enjoy food more.

False. Pausing gives the body a chance to signal that enough has been eaten so you can be satisfied with last food.

False. Many people underestimate the calories they eat. Part of this error may result from not accurately measuring portion sizes.

True. Saturated fat can raise your cholesterol level, so it is important to control the intake of food high in cholesterol and foods high in saturated fat.

True. Spot reducing is a myth. Your body adds and removes fat according to genetic and hormonal factors. You can reduce fat in general, but you cannot dictate where it will come off.

Providing guidance and support to make the "healthy choice the easy choice!"

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