

In the know about diets or no idea? Take our fun quiz

Are you wise about weight loss? Our quiz is a fun way to sort out what's fact and what's fiction when it comes to food and diets. Bust those myths for good and wise up to common misconceptions in a matter of minutes.

Test your knowledge

1. You can lose weight if you stop eating after 8pm, without changing the rest of your diet. True or False?

Answer

False. Limiting your total number of calories per day will help you lose weight, not the time of day or night that you consume them.

2. Eating spicy food can boost your metabolism and help you lose weight. True or False?

Answer

False. Spicy food makes no significant difference to your metabolism.

3. Eating bigger meals earlier in the day, and smaller ones later in the day, does not affect weight loss. True or False?

Answer

True. It's the total number of calories consumed per day that affects your weight, loss not what time you eat them. However, you can help balance your appetite and manage cravings by spacing your meals throughout the day.

4. Which of the following amounts is a 'portion' of cooked pasta?

- a) 1 heaped tablespoon of cooked pasta
- b) 2 heaped tablespoons of cooked pasta
- c) 3 heaped tablespoons of cooked pasta

Answer

c) Three heaped tablespoons of cooked pasta (or 25g of uncooked pasta)

5. Dried fruit is not as healthy as fresh fruit. True or False?

Answer

It depends. One recommendation for a healthy, balanced diet is to eat at least five portions of a variety of fruit and vegetables each day. Ideally, two of those portions should be fresh because of the high vitamin C content. However, frozen, canned, dried and juiced (fruit juice up to a maximum of one portion a day) all count. Dried fruit provides energy in the form of fructose (natural fruit sugar) and is a good source of fibre, but doesn't contain vitamin C.

6. Dry-roasted nuts have fewer calories than oil-roasted. True or False?

Answer

Technically true, but the difference is tiny: seven calories less for a one-ounce serving. Both types are still high in fat – 14g fat per 100g and 16g per 100g respectively.

7. If you exercise, you can lose weight no matter what you eat. True or False?

Answer

False. To lose weight you need to burn more calories than you consume. Although exercising helps burn calories, you still need to control what you are eating to get results.

8. Eating celery uses up more calories than the celery itself contains – so you can eat celery and lose weight. True or False?

Answer

False. Chewing celery does not use more calories than you are eating.

9. Frozen vegetables are less nutritious than fresh ones. True or False?

Answer

False – unless you grow them yourself. Just-picked vegetables do have more vitamins and minerals, but nutrient levels decrease during shipping and storage. So, for most of us, vegetables that are frozen as soon as they are picked will be more nutritious than fresh ones, which have been transported, stored and displayed before we eat them.

10. When eating, how long does it take for your stomach to tell your brain that it's full?

a) 5 minutes b) 15 minutes c) 25 minutes

Answer

b) 15 minutes. Try to slow down, chew more times and put down your knife and fork between bites to give your stomach time to tell you it's had enough.

11. Skipping the occasional meal is a good way to lose weight. True or False?

Answer

False. Skipping a meal could mean that you 'pick' on less healthy choices to stave off hunger. Or, you could be so hungry later that you end up settling for anything instead of taking the time to choose something with the appropriate fat and calorie levels.

12. How much is a 'portion' of chicken?

a) 25-50g
b) 50-75g
c) 75-100g
d) 100-125g

Answer

c) 75-100g, which is about the same size as a pack of playing cards. Use this handy rule when you're dining out if you can't find out the exact weight.

13. A salad is a healthy choice if you don't drown it in fattening dressing. Which dressing has the lowest fat content?

a) honey mustard dressing b) vinaigrette dressing

Answer

a) Honey mustard dressing. The bulk of the fat in salad dressing comes from the oil, so that's the part that you need to limit, which is why honey mustard is better than vinaigrette.

14. If you want to have the healthier option it's best to choose a vegetarian dish. True or False?

Answer

False - Some vegetarian dishes contain a lot of fat, especially if they're made with lots of cheese and pastry or creamy sauces, or if they've been fried.

Chicken (without skin) and fish, if they've been cooked without too much fat are sensible choices. Red meat can be low in fat too, if it's lean and all the visible fat has been removed.

15. With **alli**, which of the following do you need to measure in your diet?

a) protein b) carbohydrate c) fat d) calorie.

Answer

c) The most important thing to measure is fat, because with **alli** you should limit your intake to about 15g per meal* to minimise diet-related treatment effects. You also need to reduce your calories overall to progress towards your target. But you don't have to worry about how much protein or carbohydrates you eat as long as they're within the overall calorie limit. To work out your calorie and fat target, please refer to our calculation tables.

*Based on a 1400 calorie diet per day.

16. Chicken can be a healthy option. Which is the healthiest chicken dish?

a) fried chicken b) grilled skinless chicken c) roast breaded chicken

Answer

b) Grilled, skinless chicken - both fried chicken and breaded chicken are cooked with oil or fat.

17. Condiments add flavour but also fat. Which has the highest amount of calories from fat?

a) Dijon mustard b) mayonnaise c) ketchup

Answer

b) Mayonnaise – one of the main ingredients in mayonnaise is oil, whereas mustard and ketchup are usually fat free.

18. Fat-free salad dressing is your best choice. True or False?

Answer

False. Salads are high in vitamins, but your body needs a little fat to be able to absorb them. This doesn't mean you should drench your leaves - A small amount of olive oil can be used instead of fat-free salad dressing.

19. How big is a 'portion' of cheese?

a) 30 b) 40 c) 50g

Answer

a) 30g – about the size of a small matchbox.

20. You should drink eight glasses of water a day. True or False?

Answer

False. Water is the best thirst quencher, but milk, juice, tea, coffee and even soft drinks contribute to your water requirements. How much you need varies from person to person and season to season. Be aware that sometimes your body is trying to tell you that it needs liquid rather than food, so keep some handy and don't go thirsty.

21. An effective way to strip the fat from your favourite meal is to peel the skin. Which skinless dish is lowest in fat?

a) skinless chicken b) skinless turkey c) skinless mashed potatoes

Answer

c) Skinless mashed potatoes. Go easy on the butter or sour cream because too much will make the potatoes higher in fat than the skinless chicken or turkey.

22. Margarine contains less fat than butter. True or False?

Answer

False. Butter and margarine contain different types of fat, but both contain a similar amount. When you follow the **alli** programme, your main focus is the total amount of fat per meal (around 15g).

23. Pork is fattening. True or false?

Answer

False. It's true that sausages and ribs are loaded with calories, but xg [amount to be checked] of cooked pork fillet have only 140 calories, the same as xg [amount to be checked] of skinless chicken breast.

24. Foods with added vitamins and minerals are always better. True or False?

Answer

It depends. Calcium-fortified orange juice and milk fortified with vitamin D, for instance, are great choices. But adding vitamins and minerals to a snack bar or a sugar-loaded drink doesn't turn these snacks into nutritious foods.

25. When reading a food label, which type of fat do you need to watch out for: saturated fat or unsaturated fat?

Answer

With **alli**, unlike other approaches to weight loss, you need to focus on the total amount of fat in food, rather than the type of fat. Taking **alli** means that you should limit your total fat intake to around 15g per meal*, otherwise you might experience diet-related treatment effects. However, it is widely recognised that unsaturated fat is a more healthy option than saturated fat.

* Based on a 1400 calorie diet per day.

Check your scores

Less than 8

Those food myths seem to have stuck with you over the years, so it's good to get to the bottom of them and separate fact from fiction. With the **alli** programme you can learn even more and succeed to your weight loss goal. Our clear and straightforward approach, combined with suggested recipes and physical activities will support you at every stage.

8-16

You already know quite a lot about the myths and pitfalls surrounding weight loss. Team up with the **alli** programme and you'll be even better equipped for success. Our clear and straightforward approach to weight loss, combined with suggested recipes and physical activities, can show you how to build positive changes into your life for lasting results.

17+

Your knowledge of food and diets is very good, so you would probably be very well suited to the **alli** programme. Our clear and straightforward approach to weight loss, combined with suggested recipes and physical activities will help you turn your knowledge into real, practical success.