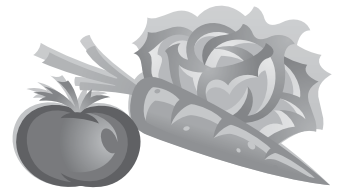
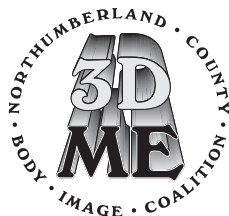


So What is Healthy?

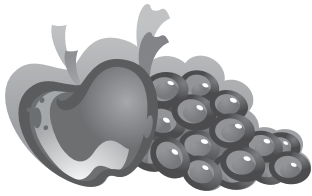


	True	False
1. Dieting always leads to permanent weight loss.	<input type="checkbox"/>	<input type="checkbox"/>
2. Every person has his or her own natural weight.	<input type="checkbox"/>	<input type="checkbox"/>
3. It's easy to lose weight.	<input type="checkbox"/>	<input type="checkbox"/>
4. People are fat because they overeat.	<input type="checkbox"/>	<input type="checkbox"/>
5. All fat people are unhealthy.	<input type="checkbox"/>	<input type="checkbox"/>
6. Thin people are healthier than fat people.	<input type="checkbox"/>	<input type="checkbox"/>
7. Eating normally means eating only diet foods.	<input type="checkbox"/>	<input type="checkbox"/>
8. Dieting may cause weight gain.	<input type="checkbox"/>	<input type="checkbox"/>
9. Most diets don't work.	<input type="checkbox"/>	<input type="checkbox"/>
10. Normal eating means eating a variety of foods.	<input type="checkbox"/>	<input type="checkbox"/>
11. It's easy to gain weight.	<input type="checkbox"/>	<input type="checkbox"/>
12. Healthy eating means eating only low-fat foods.	<input type="checkbox"/>	<input type="checkbox"/>
13. Dieting can lead to an eating disorder.	<input type="checkbox"/>	<input type="checkbox"/>
14. Dieting may make a person unhealthy.	<input type="checkbox"/>	<input type="checkbox"/>

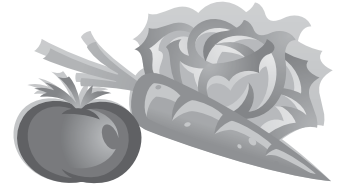
Turn over for answers



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Answers to So What is Healthy?



- 1. False** Research indicates that 95% of individuals who have lost weight by dieting regain the weight within one to two years.
- 2. True** Set-point theory suggests that every person has a natural weight range that is determined by heredity.
- 3. False** The body fights to stay within a person's natural weight range. The body's metabolism slows down when a person restricts caloric intake causing you to store fat more easily from fewer calories.
- 4. False** Weight is determined largely by genetic make-up.
- 5. False** Yo-Yo dieting is unhealthy. Unless a person is morbidly obese, weight is not a health risk.
- 6. False** Being extremely thin as a result of weight loss is dangerous. Eating a variety of foods from all food groups is important regardless of body size.
- 7. False** People can obtain the appropriate amount of nutrients and vitamins from food choices as outlined in **Eating Well with Canada's Food Guide**. For more information visit www.healthcanada.gc.ca/foodguide.
- 8. True** Most individuals who go on calorie restricting diets regain the weight once they go off the diet. It is not uncommon for this weight gain to overshoot the person's original starting weight.
- 9. True** Diets are unhealthy especially for young people who are still growing. Diets do not allow a person to obtain proper nutritional requirements and volume of food. Dieting usually makes a person more preoccupied with food, weight and shape.
- 10. True** Choosing a variety of foods from the four food groups plus other foods is normal healthy eating.
- 11. False** Research indicates that the body defends its set-point range regardless if a person tries to lose or gain weight. The metabolism and heart rate increase when extra calories are consumed, the majority of which gets burned off.
- 12. False** Healthy eating means balancing higher-fat choices with lower-fat choices. Fat is an essential nutrient for health. Higher-fat choices are particularly important for children and adolescents for growth and development.
- 13. True** Dieting usually makes a person preoccupied with thoughts about food and weight. When a person reaches a nutritionally deprived state, she/he usually begins to experience signs of an eating disorder.
- 14. True** Dieting usually compromises a person's physical and emotional well-being.