

Obesity: The Way Out for the Rest of Your Life! – Quiz

1. A BMI level of 30 or above is obese, while a BMI level between 18.5 and 24.9 is normal. T F
2. Three out of every 4 adults in Bermuda are obese. T F
3. Bermuda is #2 out of 36 countries with the highest percentage of overweight and obese adults. T F
4. According to the Step Study, 33.7% of Bermudians drink 1-2 sugary drinks a day. T F
5. Four out of every 5 Bermudians do not eat enough fruits and vegetables. T F
6. One out of every 4 adults in Bermuda is physically inactive. T F
7. While the U.S. weight loss industry is making billions of dollars every year and is projected to grow by 2.6% annually through 2023, we do not see corresponding projections of declining rates of obesity due to these weight loss services. T F
8. Two cups of strawberry ice cream have as much calories as 44 cups of strawberries or 11 stomachs-full of strawberries. T F
9. By consuming a low-energy dense diet, you can eat more food than someone on a high-energy dense diet and still take in less calories. T F
10. By starting your meal with a low-calorie dense salad (lettuce, tomato, cucumber, celery), you could reduce your calorie intake in that meal by 200. T F
11. By preloading your meal with a large apple or a bowl of chunky vegetable soup (175 calorie), you could lower your calories intake of that meal by 300 calories. T F
12. When the calorie amounts for the days are the same, eating a large breakfast is associated with significantly more weight loss than eating a large supper. T F
13. Poor sleeping habits can lead to hunger (cravings) for sugar and fat. T F
14. Walking 70 minutes a day (briskly) 6 days a week, represents an amount of exercise that has been associated with those who have lost significant weight and kept it off. T F
15. Garlic powder, black cumin seed and cumin have all been shown in scientific studies to reduce body weight or body fat. T F
16. Dark greens can reduce the urge for sweets and chocolate, as well as increase weight loss. T F
17. High fiber foods cannot influence how much we eat, our desire for high energy foods, fat burning or the energy we expend. T F
18. The opioids produced by eating high-sugar, high-fat foods can relieve pain or stress and calm us down, but these effects are not long-lasting. T F
19. Low carb diets, such as the Atkin's Diet is a healthy weight loss programme with long-term benefits. T F
20. A food addiction is a relationship with food that gives the illusion that real needs are being met through a mood change. T F