

THE GOOD, THE BAD AND THE DIET

The truth about nutrition with a twist

BY ERIC BUTTERMAN

EVERYTHING SEEMS PRETTY simple enough with nutrition, right? Eat from supposedly healthy Subway and all will be well—you'll get leaner in no time; eat that cheese pizza and all will be fat. But, as this quiz reveals, all is not as it seems.

Questions

1 If you order a cheese pizza, you're:

- A. An incredibly weak person
- B. Trying to eat your bad feelings away
- C. Unoriginal in your meal choices
- D. Not so unhealthy if you lay off the heavy toppings and towel off the grease

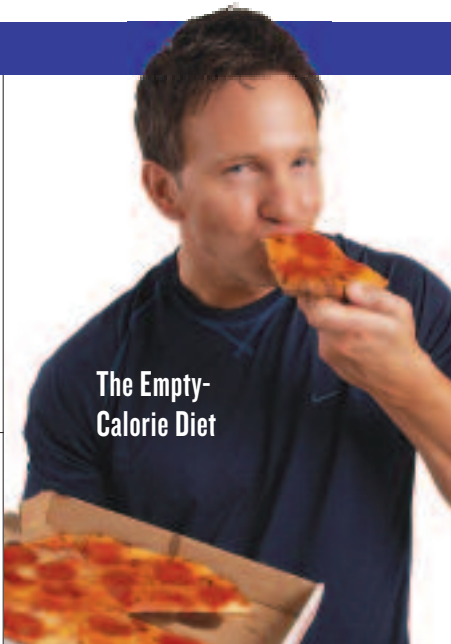
2 If you eat a large salad, it will do everything except:

- A. Fill you up, so you won't be hungry for anything else
- B. Allow you to be more regular
- C. Improve digestion for the rest of your meal
- D. Make your fellow diners feel like pigs for ordering that greasy burger



3 For proper hydration, you should drink:

- A. Eight to 10 glasses of water per day
- B. Only when you're thirsty
- C. An amount that is specifically tailored to your body weight
- D. Only before, during and after a workout



The Empty-Calorie Diet

4 Diets work if you:

- A. Stick to them obsessively
- B. Stay on them only a month instead of making them a permanent lifestyle choice
- C. Convince your nutritionist to alter them to meet your lifestyle demands
- D. None of the above

5 If you go to Subway, you will do everything except:

- A. Take fantastic New York transportation
- B. Be thin by eating Fresh Fit meals
- C. Have a chance to eat one of the surprisingly great chocolate chip cookies of the world
- D. Be angry if they run out of honey oat bread yet again

Answers

1. D. Stephen Dellacroce, a New York-based nutritionist and president of SDC Nutrition, says that you can eat healthier by limiting how bad you allow the "bad foods" to be. "We all have cravings now and again," he says. By laying off the pepperoni and sausage, you've won part of the battle."

2. A. Nutritionist Nancy Clark says that salads won't necessarily fill you up, especially if you were forced to eat them all the time during your childhood. "As your body grows accustomed to something, you may need more of it to have that full feeling," she says. That could backfire because excess hunger can lead to bingeing later in the day.

3. C. While the recommended amounts of eight to 10 glasses of water per day is a good starting point, you still may not be getting all the water you need. Phil Goglia, author of *Turn Up the Heat: Unlock the Fat-Burning Power of Your Metabolism*, says you should drink an ounce of water for every pound you weigh for an active individual on a healthy diet and half an ounce for someone who isn't training regularly.

4. D. Even though it's great to stick to a diet, it's important to remember that you're human and will have a bad day. It's better to be good six days of the week and allow yourself a day off than push yourself over the edge. Many people start diets, but very few stay on them.



5. B. Dellacroce says that you needn't swap the foot-long version for the six-inch type; instead, trade in the bread for a wrap. "Bread is your enemy, period," he says. "Most people don't understand that regular breads contain high-fructose corn syrup, extra calories in the form of fillers, no fiber."

Cory Sorensen (pizza)