

Diet Advice: True or False

Test your healthy-eating IQ **BY RACHEL PAULA ABRAHAMSON**

1 Indulge your sweet tooth in the morning rather than after dinner.

FALSE "If you blow it in the morning, you tend to throw in the towel and eat poorly for the rest of the day," says NYC nutritionist Joy Bauer, author of the upcoming *Joy Bauer's Food Cures*.

2 If you're starving and the only option at work is a platter of doughnuts and pastries, you should eat one.

TRUE "But choose the best portion-controlled option," says NYC nutritionist Keri Glassman. "A muffin top or a sliver of danish to hold you over until you can get a healthier snack later."

3 Ditching white flour is smarter than cutting sugar from your diet.

FALSE "You're going to get more out of cutting sugar, because you're eliminating candy and desserts," says Glassman. "If you've been eating well and then have a slice of white bread, it's not the end of the world."

4 If you're craving salt at a cocktail party, opt for protein-packed nuts instead of olives.

FALSE Nuts can pack around 200 calories per fistful, compared to eight olives, which contain a measly 40 calories total.

5 Filling your plate with several different foods is better than taking a large serving of one thing.



FALSE A major cause of overindulging is eating too many flavors all at once, triggering the hypothalamus in the brain to ask for more food, reports Dr. David Katz, associate clinical professor at Yale Schools of Public Health and Medicine.

6 Appetizer time at the Japanese restaurant! You should choose a fiber-filled small green salad instead of the miso soup.

FALSE The brown seaweed in miso soup contains a compound that may help boost metabolism and shrink abdominal fat, according to a recent study in Japan.

7 Don't splurge on extra-virgin olive oil. Regular (a mix of virgin

and refined) has the same health benefits.

FALSE According to a study in the *Annals of Internal Medicine*, pure virgin olive oil can help decrease the ratio of bad to healthy cholesterol.

8 A tall Starbucks Mocha Frappuccino contains fewer calories than a tall hot chocolate.

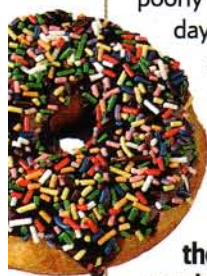
TRUE . . . But not by much. The whipped cream-topped Frappuccino has 310 calories and 12 grams of fat, while the hot cocoa with whipped cream has 360 calories and 19 grams of fat. Whichever you choose, nix the whipped cream and save 90 calories and 8 fat grams.

9 Roasted almonds are healthier than skinless blanched almonds.

TRUE The skin of almonds is full of flavonoids, which, when combined with the nut's vitamin E, may lower the risk of heart disease.

10 Drink tea after every meal and you could lose up to 18 pounds a year.

TRUE Compounds in black, green and mulberry teas may hinder our bodies' ability to absorb calories from carbs, reports research in the *American Journal of Clinical Nutrition*.



Healthy family! Reese Witherspoon's beverage of choice is a nonfat soy latte, while daughter Ava prefers juice.

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