

# No-Fad Diet

## Test Your Calorie Sense

A basic knowledge of calorie levels and good nutrition will be a big help no matter which eating strategy you choose. Take the following quiz and see if you can find the lowest-calorie foods—you may be surprised by the results.

For each pair below, choose the one you think has fewer calories. You will find the correct answers in bold type, as well as the calorie counts for both choices, at the end of the quiz. We are not recommending that you choose the entries in this quiz. We've listed them to give you an idea of some surprising comparisons of calorie content.

1. (a)  $\frac{1}{2}$  cup cooked cauliflower with cheese sauce  
(b)  $\frac{1}{2}$  cup canned pickled beets
2. (a) 10 chocolate-covered peanuts, 1.4 ounces total  
(b) 2 mini peanut butter cups, 0.28 ounce each
3. (a) 10 small jelly beans, 0.4 ounce total  
(b) 10 small gumdrops, 0.4 ounce total
4. (a) 1 ounce feta cheese  
(b) 1 ounce Cheddar cheese
5. (a) 1 cup grapefruit juice  
(b) 1 cup tomato juice
6. (a) 13 ounces take-out latte with whole milk  
(b)  $\frac{1}{2}$  cup trail mix
7. (a) 12 ounces club soda  
(b) 12 ounces tonic water
8. (a) 1 take-out hamburger, regular size, double patty with cheese and bun  
(b) 3.25 ounces fried chicken tenders
9. (a) 3½-inch cinnamon-raisin bagel with  $\frac{1}{2}$  ounce cream cheese  
(b)  $\frac{1}{2}$  cup granola with  $\frac{1}{4}$  cup fat-free milk
10. (a) 2 ounces deli turkey breast on small whole-wheat pita with 2 teaspoons mayonnaise, lettuce, and tomato  
(b) 2 ounces American cheese on 2 slices seven-grain bread with 2 teaspoons mustard, lettuce, and tomato

---

## ANSWERS

The bold type indicates the correct answer.

1. (a) **60**; (b) 75
  2. (a) 208; (b) **80**
  3. (a) **40**; (b) 135
  4. (a) **75**; (b) 114
  5. (a) 100; (b) **42**
  6. (a) **152**; (b) 353
  7. (a) **0**; (b) 125
  8. (a) 457; (b) **264**
  9. (a) **244**; (b) 325
  10. (a) **198**; (b) 336
- 

This material is reprinted with permission from *American Heart Association No-Fad Diet: A Personal Plan for Healthy Weight Loss*, Copyright © 2005 by the American Heart Association. Published by Clarkson Potter/Publishers, a division of Random House, Inc. Available from booksellers everywhere.