**Quiz**

1. True or False: A diet that promises you’ll lose 10 pounds in 10 days is a really smart thing to try.

Answer: False. This diet promises really unrealistic weight loss expectations. A healthy weight loss is around 1-2 pounds per week, not 1 pound per day. Steer clear from this diet.

1. True or False: A diet that recommends you eat only 1,000 calories per day is ok.

Answer: False. Stay away from any diets that recommend you eat less than 1,200 calories per day.

1. True or False: Diets don’t work.

Answer: False. Most diets do work, but only for a short time. Aim to make lifelong changes to achieve lifelong results.

1. True or False: A diet that requires you to completely change your lifestyle is guaranteed for success.

Answer: False. Any diet that requires drastic lifestyle changes--especially immediate ones--is going to be more difficult to get started and to stick to. A better approach is making small changes gradually.