**Quiz**

1. When you're eating out, but want to stick to a vegetarian diet, which of these foods should you avoid so you still eat a healthy meal?

a. Fried

b. Dishes with creamy sauces

c. Dishes with lots of added cheese

d. All of the above

Answer: D. All of the above. Be on the lookout for vegetarian dishes that pack a high-calorie, high-fat punch.

2. How long does it take your brain to realize your stomach is full?

a. 1 minute

b. 10 minutes

c. 20 minutes

d. 1 hour

Answer: C. 20 minutes. Slow down and savor your meal. Not only do you get to enjoy each bite of food more, you give your brain time to catch up with how full your stomach is. There's less chance of overeating if you eat slowly--and listen to your brain when it says you're full!

3. If you're trying to cut back on the calories you get, which drink is best to go with your meal?

a. Beer or wine

b. Water

c. Lemonade

d. Soda

Answer: B. Water. What you choose to drink with your meal can bring along a lot of extra calories. If you're trying to cut down on your calories, choose water. Not only is it calorie-free, it helps fill you up.

4. When going out to eat with friends or family who tend to order indulgent (and high-calorie) dishes, what's your best option if you're trying to eat healthy or lose weight?

a. You know you'll blow your healthy diet goal, so just don't go.

b. Scan the menu for a healthy option and order first.

c. Go with them but don't order anything. Breadsticks make a great dinner, right?!?

d. See what everyone else is having, then get something similar.

Answer: B. Scan the menu for a healthy option and order first. You've got this! You know what a healthy, balanced meal looks like, and you can find it on the menu. Choose it and order first. Who knows? Maybe you'll even encourage your friends or family to try something new and healthy.