

77. Body mass index is a direct measure of muscle mass.
78. A body mass index between 18.5 and 24.9 is acceptable.
79. Hydrostatic weighing measures body fat percentage through the use of electrical impedance equipment.
80. About one-quarter of people with pre-diabetes will develop full-blown diabetes.
81. People with diabetes should obtain carbohydrate from enriched, refined grains.
82. A waist-to-hip ratio of 0.95 or higher in men is an indicator of risk for weight-related health problems.
83. Lifestyle choices have more influence on weight management than do genetic factors.
84. Resting metabolic rate reflects the minimal energy expenditures necessary for exercise to be beneficial in weight loss.
85. A body mass index of 28.5 is classified as normal weight.
86. Men tend to have higher rates of obesity at higher income levels than do women.
87. Eating patterns are often an intricate component of family values.
88. Genetic predisposition to weight gain has been identified as the primary reason for the high rate of obesity in the United States.
89. Most people overestimate the amount of food they eat.
90. Carrots have a higher energy density than pretzels.
91. An efficient way to reduce total calorie intake is to reduce dietary fat.
92. Intake of complex carbohydrates should be reduced for weight loss.
93. Reduced-fat foods usually contain significantly fewer calories than their full-fat counterparts.
94. Strength training can be an important component of a weight management program.
95. The safe approach to weight loss is to lose 0.5-2.0 pounds per week.
96. Ephedra is a safe and effective supplement that promotes weight loss.