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### **What contains more calories? Take this quiz and test your ...**

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Manufacturers are allowed to say their food is calorie-free if a serving has fewer than five calories - but these still count. A can of diet "zero" fizzy drink contains about 10kcal - the same as ...

Don't miss our bumper food and drink quiz, featuring 25 multiple-choice quiz questions about regional British dishes, international cuisine, chocolate, cocktails, beer, top foodie TV and more. So get yourself into teams and find out who the real foodies are!

A comprehensive database of health food quizzes online, test your knowledge with health food quiz questions. Our online health food trivia quizzes can be adapted to suit your requirements for taking some of the top health food quizzes.

Low calories diets can prove beneficial for weight loss. The 5:2 diet works on the principle of eating normally for five days a

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### **25 Food Quiz Questions - BBC Good Food**

**Dr Michael Mosley's 800 calorie diet has viewers shocked ...**

### How many calories are in alcoholic drinks? - BBC Good Food

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© BBC 2011 Calories quiz E3 Level A 1 . A doughnut has more calories than a portion of chips . A) True B) False 2 . A glass of orange juice has more calories than a ... A month's worth of 500kcal meals. Keeping your diet to 1,200 - 1,500 calories a day is easy with these 500kcal recipes.

#### Health Food Quizzes Online, Trivia, Questions & Answers ...

However, it's important to remember that an appropriate calorie intake is just one aspect of a healthy, balanced diet. While we've shown average food items as a comparison, you won't get the same nutrition from both - for example, we've compared the calories in an average shot of spirits with a banana, but the banana is, of course, the healthier option.

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#### Making sure you get the right type of calorie - BBC News

Crash diets, or 800-calorie total diet replacement programmes, really do work according to new research. Take the test to find out if it is right for you.

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### **Quiz: Can you match the sneakers to the NBA players? - bbc.com**

How many calories can you burn kissing for one minute? A: 26 calories B: 36 calories C: 46 calories Question 4. What's the best thing to do before you kiss someone special? A: Eat lots of garlic bread B: Clean your teeth C: Go all shy and run off Question 5. How do Eskimos kiss? A: Bumping heads B: Shaking hands C: Rubbing noses

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Since 1 pound = 3,500 calories, in order to lose 1 pound a week, you'd need to have a weekly calorie deficit of 3,500 calories, Kohn says. That means you'd need to eat 3,500 calories fewer than ...

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To find out, head back to the classroom

and take our maths GCSE quiz. The questions are ones used in BBC Bitesize's revision guide for students preparing to take their AQA core science exam.

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Overweight is having extra body weight from muscle, bone, fat, and/or water.. Obesity is having a high amount of extra body fat. Body mass index (BMI) is a useful measure of overweight and obesity. Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. BMI Categories: Underweight = <18.5; Normal weight = 18.5-24.9

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