



The Truth About Dieting

1. If you eat something but no one else sees you eat it, it has no calories.
2. If you eat standing up, the food has no calories.
3. If you eat from somebody else's plate, especially when they're not looking, the food has no calories.
4. The first two times you try a new recipe, the calories are zero.
5. Party leftovers have no calories at all provided they've been idle for at least one hour.
6. Eating dessert first reduces the dessert's calories to zero, because those calories get buried by the other stuff. And the other stuff's calories are reduced by half, because your stomach is busy with dessert.
7. When drinking a diet soda while eating a candy bar, the calories in the candy bar are canceled by the diet soda.
8. When you eat with someone else, calories don't count as long as you don't eat more than they do.
9. Foods used for medicinal purposes never count. Examples: Hot chocolate, brandy, toast, Sara Lee cheesecake.
10. If you fatten up everyone else around you, then you look thinner.
11. Movie-related foods do not have calories because they are part of the entertainment package and not part of one's personal fuel. Examples: Milk Duds, buttered popcorn, Junior Mints and Tootsie Rolls.
12. Cookie pieces contain no calories. The process of breaking the cookie causes calorie leakage.
13. Late-night snacks have no calories. The refrigerator light is not strong enough for the calories to see their way into the calorie counter.
14. If you are in the process of preparing something, food licked off knives and spoons have no calories. Examples: Peanut butter on a knife, ice cream on a spoon.
15. Foods of the same color have the same number of calories. Examples include spinach and pistachio ice cream; mushrooms and white chocolate. Chocolate is a universal color and may be substituted for any other.

