

**QUIZ:**  
Do You Eat Too Much of the Wrong Thing?



**body & soul:** nutrition

what's your **portion personality?**

Take this quiz to find out your personal eating profile and how you can work with it to have a healthy, well-balanced diet. (And you don't have to cut out pizza!)

Check off the statements below that describe you:

- I'd rather have five store-bought, packaged cookies than one homemade chocolate chip cookie.
- I don't eat that many fruits or vegetables.
- I know my favorite after-school snack isn't very healthy, but I have to have it—I'm addicted!
- I can easily eat an entire bag of pretzels or potato chips.
- I could eat my favorite sandwich for lunch and dinner every day and never get sick of it.
- I'm sorry, but trying to cut a certain food out of my diet makes me want to eat it even more!
- When I order food or drinks, I usually get a large.
- I like having bread, rice, or fries with every meal.
- I'd rather have one scoop of chocolate ice cream than 10 fat-free chocolate Popsicles.

Count up the statements you checked in each color, and match the color you picked most often with the box below. Then read on for advice on eating more healthfully from nutritionist Lisa Young, Ph.D., R.D., author of *The Portion Teller*. Do you fall into more than one category? That's not unusual—just read both boxes!

Mojo's downfall was that he was bananas for, well...



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**MOSTLY PINK?**  
volume eater

You'd rather eat a big portion of anything than a tiny portion of something you love. That's fine when you're eating healthy stuff like vegetables, but not when it comes to junk food. **Remember:**

- Bulk up meals with veggies. If you're having macaroni and cheese for dinner, mix in 1 cup of steamed broccoli; your portion gets larger and everything still tastes cheesy, but it's much healthier!
- Go for sides that come as single servings, like corn on the cob, a baked potato, or a yam, instead of pasta or mashed potatoes.

**MOSTLY YELLOW?**  
lopsided eater

You're a creature of habit! Since you tend to eat the same stuff all the time, you probably get lots of some vitamins but not enough of others. **Remember:**

- Alternate your usual meals with ones that contain food from different groups. If you always have dairy and grains for lunch (like grilled cheese), try a lunch that has protein and veggies (like a grilled chicken salad).
- You probably eat more grains than produce, so try a new fruit or veggie each week. Who knows? You may like kiwi slices as much as Skittles!

**MOSTLY ORANGE?**  
can't-live-without-it eater

You probably don't overeat, but you crave specific foods that may not be that good for you. **Remember:**

- Try to eat healthfully during the week and indulge in your must-haves on the weekend only. Whatever you do, don't stop eating your faves altogether—that'll just make you want them more!
- Balance your diet by eating less of the food group that includes your favorite food throughout the day. For example, if you *must* have a bagel for breakfast, eat fewer starchy foods at lunch (try soup instead of pizza).

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PHOTOS: BANANAS, XAVIER BRUNET; MONKEY, CATHERINE LEDNITSKY/GETTY IMAGES. EXPERT: LISA YOUNG, R.D., PH.D., AUTHOR OF THE PORTION TELLER. SMARTSIZE YOUR WAY TO PERMANENT WEIGHT LOSS (MORGAN ROAD BOOKS, 2005)