

1 EATING CHOCOLATE WILL GIVE YOU ZITS.

Contrary to popular belief, your diet has little to do with your complexion.

While eating a healthy, balanced diet can't hurt your skin, and French fries and Snickers aren't the best choice for lunch, other factors seem to be responsible for acne. Hormones, genetics, certain medicines, bacteria and stress are the biggest culprits responsible for breaking out.

2 FISH IS BRAIN FOOD.

Not technically...but it is a rich source of protein and omega-3 fatty acids.

These acids are being researched for their health promoting properties. While studies are inconclusive, fish is an excellent food to eat as part of a healthy diet.

3 GRAPEFRUIT BURNS CALORIES.

Nothing you eat or drink will burn calories. However, grapefruit is an excellent source of vitamins, fiber and low in calories. It is a great way to start or end a meal.

4 CAFFEINE GIVES YOU THE NECESSARY EDGE FOR STUDYING.

Caffeine affects everyone differently. Technically a drug, it is a part of the family of drugs known as xanthines. For some, a little caffeine each day may make you feel more alert, for others it will cause you to feel jittery and lose focus. Know your own reaction to it and be aware of the caffeine content of different foods. (More information appears this month.)

5 EATING WELL BOOSTS YOUR IMMUNITY.

There are exciting studies being conducted on the effects of different vitamins and minerals and how they affect the immune system. They are not conclusive at this time.