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IF YOU ARE GOING TO DRINK, BE SURE TO EAT LESS THROUGH THE DAY

False. Many calorie conscious college students try to "bank" their calories to allow for the calories they are drinking. This is a very dangerous idea. The absorption of alcohol is accelerated if there is no food in your stomach to slow it's way into the bloodstream.

CRASH DIETING WILL GET YOU IN THE BEST SHAPE FOR SPRING BREAK

False. Crash dieting never works. The more drastically you restrict your calorie intake (as in crash diets), the more likely you are to gain back all of the weight...plus more.

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IT'S BEST TO ELIMINATE PASTA TO LOSE WEIGHT

False. Losing weight is about calories in/calories out. No one particular food contributes to excess weight. It is about portions and calories. If you can eat a reasonable portion of pasta it is fine to include...even if you are trying to lose weight.

EVERYONE GAINS WEIGHT ON VACATION

False. Actually, some people lose weight on vacation. Vacation is the perfect time to pay attention to what you eat and drink, exercise regularly and relax.

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THE CALORIES IN ALCOHOL DON'T COUNT

False. Alcohol provides the body with calories... just like other beverages.