



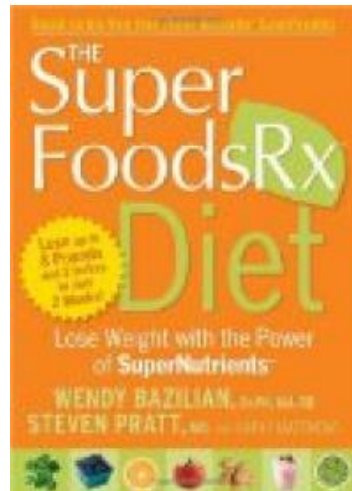
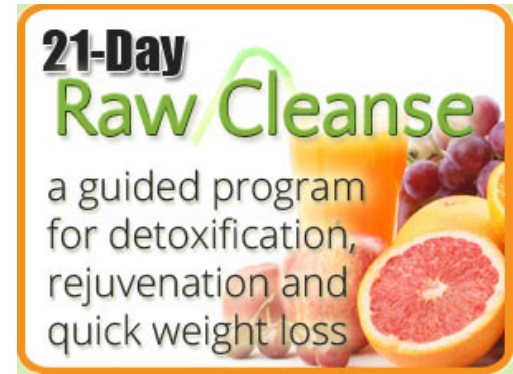
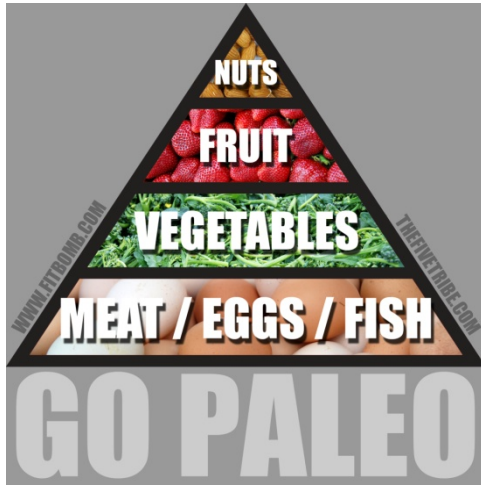
# Nutrition Myths of 2012

Presented By:  
The Food and Friends  
Nutrition Team

# Top 10 Nutrition Myths:

- Every year more and more diets, supplements and nutrition products flood the market.
  - What are some that you have seen this past year?
- Not all are effective, safe or healthy.
  - Let's see what 2012 brought us...

# Nutrition Products 2012:



# Myth #1: Consuming eggs, increases your cholesterol.

- **The Theory:** Eggs have cholesterol and consuming them increasing your bad “LDL” cholesterol.
- **Truth:** While eggs do have a small amount of cholesterol (as do all animal products) it doesn't affect your total cholesterol as once thought.

# Reality:



- Eggs are a great source of protein!
- Increased consumption of saturated and trans-fats has a great affect on total cholesterol.
- High in vitamins and minerals:
  - Vitamin B12, Folic Acid, Phosphorus, and Selenium
- Contains heart health monounsaturated fats

## Myth #2: Eating superfoods helps prevent or cure diseases

- **The Theory:** Eating certain foods, high in nutrients may help prevent disease or provide other health promoting effects.
- **Truth:** All fruits, veggies, whole grains, beans, legumes and nuts are super foods. A diet rich in a variety of all these foods



# Reality:

- Quality scientific evidence supporting superfoods is generally lacking.
- High consumption of a certain nutrient doesn't necessarily act as a health benefit:
  - Extra nutrients not used are excreted
  - If nutrients cannot be excreted they could cause damage to cells.

# Myth #3: Low-Carb diets result in weight loss

- **The Theory:** Carbohydrates are not healthy choices, high in calories and cause excess weight gain.
- **Truth:** Low-carb diets focus on eliminating many health and nutritious foods such as whole grains, legumes and fruits.





# Reality:

- Carbohydrates are the body's preferred source of fuel – it's easy to break down, use or store.
- Not all carbohydrates are created equal.
  - Focus on consuming whole grain breads, pastas and cereals and fruits that are whole or with no added sugar.
  - Carbohydrates also provide the fiber need to maintain a healthy digestive system.

# Myth #4: Organic foods are more nutritious than conventional foods

- **The Theory:** Organic foods have higher nutrient amounts and are therefore healthier for you.
- **Truth:** Organic foods offer no added nutritional benefit compared to conventional foods. They are only produced with less chemicals and pesticides.



# Reality:

- Buy organic foods if you believe in sustainable farming, the well-being of livestock, decreased use of synthetic chemicals or other pesticides.
- Studies have shown that there is no nutritional difference between conventionally raised crops and livestock and organic crops and livestock.

# Myth #5: Detox diets help cleanse and rid the body of toxins

- **The Theory:** Detox diets cleans the body of unnatural chemicals, toxins and wastes and promotes weight loss.
- **Truth:** Detox diets are not only a fad diet but don't provide the actual benefits they tout.



# Reality:

- The body has natural “detoxifiers” of its own: the colon, liver and kidneys.
  - Equipped to remove alcohol, chemicals and other waste products on a daily basis.
- Detox diets can be dangers:
  - Low caloric intake can result in fatigue, dizziness and confusion.
  - Low nutrient content can result in a decreased ability to fight infections
  - Weight lost is usually water weight and is regained post detox diet.

# Myth #6: Eating after 8pm will contribute to weight gain.



[www.RealSimple.com](http://www.RealSimple.com)

- **The theory:** Calories eaten earlier in the day are burned up, but late-night calories turn into fat.

# Reality:

- Calories are treated the same way, despite the time of day.
- Be sure you are grabbing the right snacks!
  - People tend to grab salty or sweet treats while they are mindlessly sitting on the couch grabbing a few minutes of relaxation.
- Don't skip meals during the day.
  - Skipping meals leads to overeating or choosing unhealthy meals at night.



# Myth #7: Eating pasta makes you fat.

- **The theory:** Pasta is made from grains, which are carbohydrates. Your body turns carbohydrates into sugars, which are stored as fat.



[www.RealSimple.com](http://www.RealSimple.com)



# Reality:

- Carbohydrates, specifically, do not make you fat; extra calories (whether they are from carbs, protein, or fat) *do*.
- Carbohydrates supply vitamins, minerals, fiber and, most importantly, energy your body can use.
- Recommended serving size:
  - One person = 2-3 oz of uncooked noodles
  - Family of four = half of a 1 lb box
  - Think of pasta as an ingredient, not a meal.



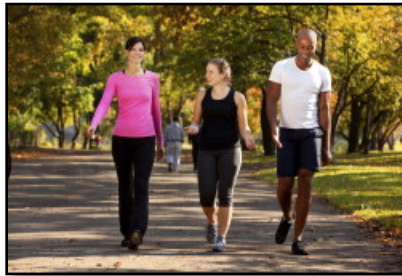
# Myth #8: Going on a diet is the best way to lose weight.

- **The theory:** Going on a strict, prescribed diet for a few weeks will help you lose unwanted pounds quick.



# Reality:

- Going on a diet as a “quick fix” for bathing suit season or a high school reunion may help you shed a few pounds short-term, but these diets cannot be maintained long-term and you are destined to gain the weight back.



- Fad diets often overemphasize one nutrient, leading to the risk of nutrient deficiencies.
- Focus on getting the right balance of protein, carbs, and fats as well as adding physical activity

# Myth #9: Choosing “low fat” or “light” foods will help you lose weight.

- **The theory:** looking for “low fat,” “light,” “low carb,” and artificially sweetened foods make loosing weight easy.



[transformyouaz.com](http://transformyouaz.com)

# Reality:

- Foods that are labeled “low-fat” or “light” do not always mean they are healthier. Always read the Nutrition Facts label!

Example: Hidden Valley Ranch

Original  
Ranch



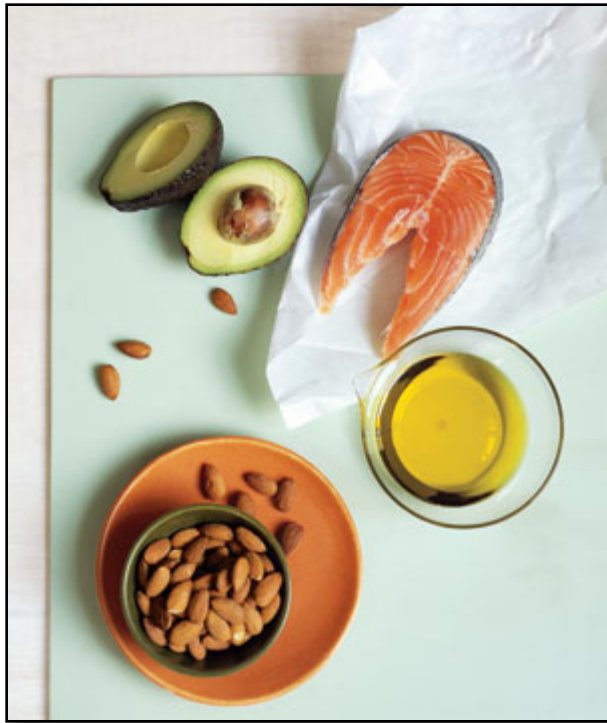
Calories: 140 kcal  
Fat: 14 g  
Sugar: 1 g  
Protein: 1 g

Fat Free  
Ranch



Calories: 30 kcal  
Fat: 0 g  
Sugar: 3 g  
Protein: 1 g

# Myth #10: Eating fat makes you fat.



[www.RealSimple.com](http://www.RealSimple.com)

- **The theory:** Fat has nine calories per gram, whereas carbs and protein have only four per gram, so to lose weight you have to avoid fat.

# Reality:

- Fats are an important part of your diet – they help your body absorb certain nutrients, are a component of cell membranes and contribute to the taste of foods.
- Most importantly, when you have the choice, choose “good fats.” – remember Omega-3’s?
  - Monounsaturated and polyunsaturated fats provide important health benefits



# Nutrition Myths of 2012:

???



# Activity:

- Split into groups of 4-5
- List out trendy diets or nutrition tips you have tried for weight loss or health benefits.
- Discuss your list with your group.
- Choose one item with your group – discuss why it didn't work and how it affected your health.
- Please share with the class.