

FACT or FICTION?

DEBUNKING NUTRITION MYTHS

Start here



**Metabolic
Magic**

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There is a lot of information out there about diets, nutrition, exercise, and health. Sometimes it's hard to know just what is or isn't true.

Some products are specifically marketed as "healthy" or "diet" when they in fact do not support our health! But still, the weight loss industry is worth over \$70 billion and growing!

Don't be duped by marketing...know your facts!



Myth or Fact?

Myth or Fact?

A myth is something that people might believe is true, when it's not. A myth is fiction. For example:

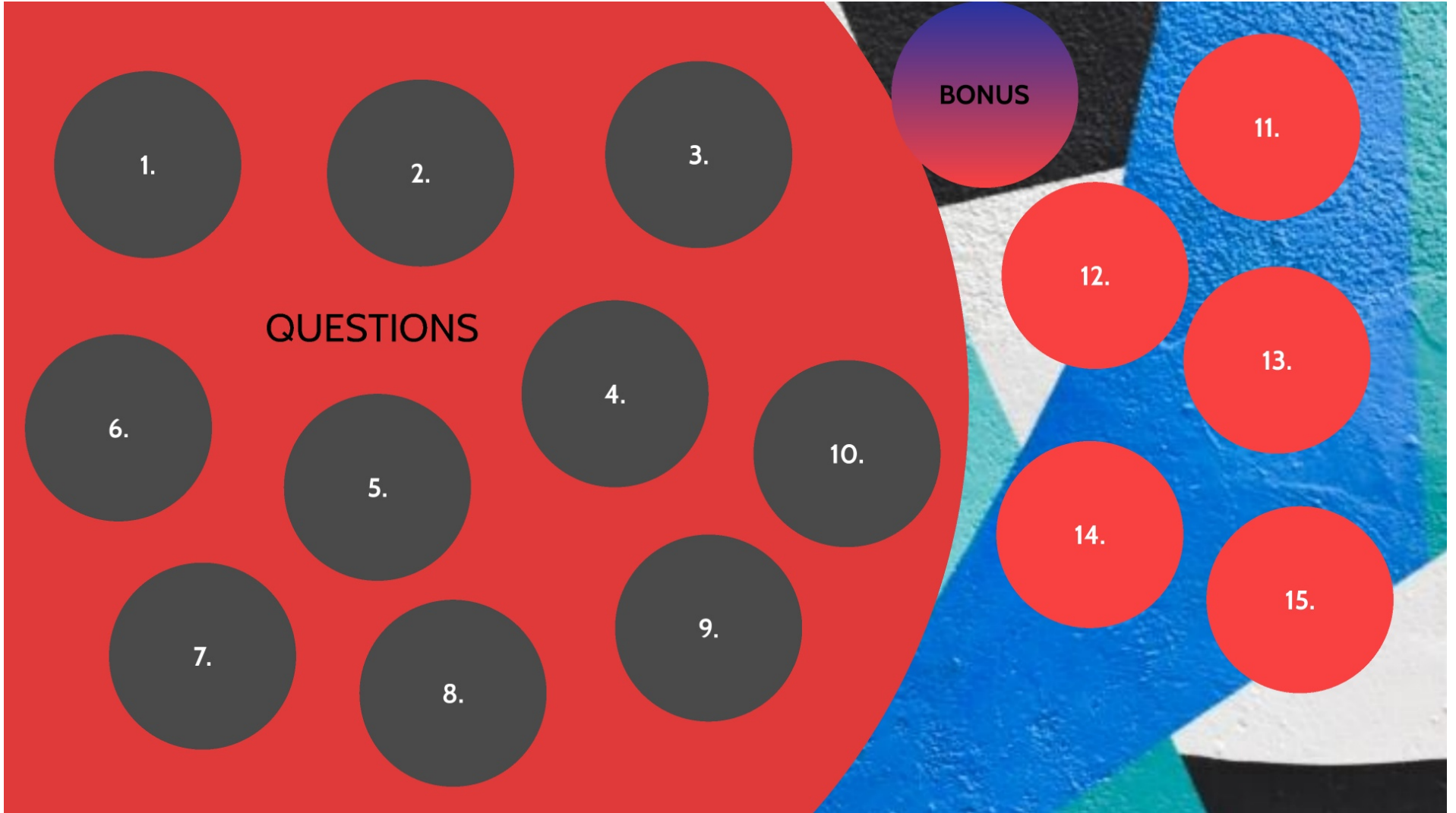
“As long as everything you eat is ‘fat-free’, it is healthy.”

This is not true. Why?

It may seem like a healthier option, but some fat-free snacks actually have lots of added sugar, which is something we try to avoid! In addition to that, fat is not bad for you. In fact, eating healthy fats in moderation is great!

Play
Fact or Fiction?





Walking a mile burns as many
calories as running a mile.

FACT or FICTION?

Answer

FACT

The amount of work is the same, so the calories burned are the same. It just takes longer to walk than to run.

Doing abdominal exercise like sit-ups or
crunches burns fat from your stomach area.

FACT or FICTION?

Answer

FICTION

You do not burn fat in a specific area by doing exercises targeting that area. There are many benefits to exercising your whole body including: increased strength for everyday activities, better mood, heart health, quality sleep

Certain foods like grapefruits, chili peppers
and colas help you to burn calories faster.

FACT or FICTION?

Answer

FICTION

These foods may increase your metabolism very, very slightly, but certainly not enough to lose weight.

The focus should be on balancing healthy nutrition and physical activity rather than restricting the diet to specific foods.

You need to have a certain amount of fat in your diet every day.

FACT or FICTION?

Answer

FACT

Your body needs some fats every day because they contain fat-soluble vitamins and essential fatty acids that are important to good health!

Eating small meals throughout the day is the best way to eat for optimal health.

FACT or FICTION?

Answer

FICTION

When you eat is not as important as *what* you eat--you can eat once a day or 5 times a day!

What is important is that you meet your energy and nutritional needs.

In other words, as long as you get the right amount of micro- and macro-nutrients, you can eat however often you like.

Frozen or canned fruits and vegetables can be as healthy as fresh ones.

FACT or FICTION?

Answer

FACT

Frozen or canned produce is often packaged right after it has been picked, so it does not lose any of its nutrients.

You need at least 1 hour of physical activity a day for good health.

FACT or FICTION?

Answer

FACT

Anyone under 20 years old needs at least an hour of physical activity every day.

Exercising early in the morning will provide the best results.

FACT or FICTION?

Answer

Fiction

There is no "best time" for working out. The time of day does not determine the quality of a workout. Finding a time that works best for your schedule can help you to stay motivated.

Eating carbohydrates causes weight gain.

FACT or FICTION?

Answer

FICTION

Carbohydrates are no more fattening than calories from any other source.

Carbs are often associated with weight gain because they tend to be the main macronutrient in foods that alone are not nutrient dense- like cakes, french fries, and pasta. This is why it is important to have a balanced diet that includes an adequate amount of fruits and vegetables.

Diet soda helps you lose weight.

FACT or FICTION?

Answer


FICTION

Although diet sodas have zero calories or zero sugar, they don't necessarily help you lose weight.

Diet soda may cause you to crave more sweet foods.

The outcome: excess calories = weight gain.





Sleep, exercise and stress-management are just as important as what you eat.

FACT or FICTION?

Answer

FACT

Along with your healthy, balanced diet, aim for a good night's sleep. At least 7-9 hours. Exercise, healthy food and a good night's sleep will also help you manage stress.



Fad diets are popular, so they must work.

Fact or Fiction?

Answer

FICTION

There are always new fad diets which include low-carb diets, detox diets and single-food diets. The problem with any diet is the restriction it places on eating certain foods. This can lead to an unhealthy relationship with food.

If you're following a healthy eating plan, that means you can't eat any of your favorite foods.

FACT or FICTION?

Answer

FICTION

Healthy and tasty can go hand in hand. Eating sweets and chips are ok in moderation. The focus should be balance and knowing your nutritional needs.

Nuts are as bad as junk food.

FACT or FICTION?

Answer

FICTION

Some make this assumption because they are high in calories. Nuts are excellent sources of protein and other nutrients. Keep your serving to a handful and combine with another food group, like fruit, when you are looking for a healthy snack.

A Dunkin' Donuts large frozen Caramel Coffee Coolatta with cream has 990 calories per serving.

FACT or FICTION?

Answer

FACT

This drink also contains 552% of the daily recommended amount of sugar for a healthy diet.

There are many drinks that are called "empty calories" because they do not provide more than that and can make us too full to consume the nutrients that we need.

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