

YOU ARE WHAT YOU EAT

FOOD FACT OR FICTION

You want to lead a healthier lifestyle, but everything feels so overwhelming!

“Eat this, don’t eat that!”
“I did this, so you should too!”
“My doctor said...etc.”

You decide it’s best to ignore what others are saying and pick up a few books you’ve heard about. Even the experts seem to have a difference of opinion! You’re beginning to wonder if anyone knows what the truth is! Information on nutrition is everchanging and it can put you on an endless search for answers. Here are some of the more common **Facts & Fiction** that we can clear up for you right here, right now!

FACT OR FICTION: Carbohydrates are bad.

FICTION! Carbohydrates are an important nutrient to be included in a healthy diet. It is true that carbohydrates can cause a spike to your insulin levels, but healthy carbs absorb slowly in your system and can improve your digestion, add essential nutrients to your diet, help with serotonin production, and are a main source of fuel for the body and the brain. Choose complex carbohydrates like whole grains, vegetables, fruit, and beans.



FACT OR FICTION: Hydration helps with weight loss.

FACT! We all know the importance of drinking water and the dangers of dehydration, yet we still don’t drink enough water! Even a 2% drop in your body’s water supply can be a health concern! Could lack of hydration be playing a part in the obesity epidemic? Recent studies show that people who drank more water had a lower BMI because of lower calorie intake, better breakdown of lipids into fatty acids in the body, and had an increase in metabolism. Just another reason to remember your H₂O!

FACT OR FICTION: Healthy Eating is Expensive

FACT & FICTION! What? A 2013 Harvard study revealed that when moving to a healthier diet, it costs an average of approximately \$1.50 more per day – or an extra \$550 per year. Where does the extra cost come from? Better cuts of meat, choosing organic, more expensive alternative grains, and less processed food. When you take into consideration the \$1000 per year spent on eating out, and the \$5 billion spent on obesity-related health care costs, it seems that the extra \$550 may not be an extra at all but rather a savings!



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FACT OR FICTION: One food can help you lose weight.

FICTION! While there can be components of one specific food that can contribute to weight loss, one food alone cannot help you to lose weight. Often, the food that is studied was successful because it replaced a less healthy option. It is more important to focus on a balanced diet, adding variety and rotation, and making other healthy lifestyle choices a part of your daily routine.



FACT OR FICTION: Standard nutrition guidelines are for everyone.

FICTION! While the "Canada Food Guide" can be a great start to a healthy lifestyle, it is not for everyone. The national nutrition guidelines are based on evidence-based research for the prevention of chronic illness like heart disease and diabetes. Contrary to popular thought, the Canada Food Guide is not meant to be a weight loss tool! If you are looking to lose weight, have digestive issues, deal with food allergies/sensitivities, follow a vegetarian lifestyle...etc. the Canada Food Guide may not be for you. Ask a wellness consultant. Specific and individual dietary advice should be sought from a Registered Dietitian or Nutritionist.



Nutrition Facts that We Can Be Sure Of!

- 1. Portion control matters.** One of the most sure-fire ways of improving your diet and your health is to be conscious of portion size and control. Start small and allow time for the signal to get from your brain to your stomach that you are full. Eat until about 80% full and you will avoid excess calories.
- 2. Balance and moderation set you up for success.** Long term unsupervised dietary restrictions can lead to nutrient deficiencies. The key to a healthy diet is balance, moderation and variety. This ensures a full spectrum of macro and micronutrients required for the body to function at its best.
- 3. Diets don't work!** Yes, you lost weight, but did you keep it off? Most "diets" offer hope based on new "research" or dietary trends. The way you eat and the choices you make are more a matter of your relationship with food and individual biological processes. It's not about willpower or self-control! Create a plan that you can stick to that is focused on whole food, hydration, and daily movement.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4901052/>
<https://www.offthegridnews.com/off-grid-foods/debunking-the-myth-that-healthy-food-is-expensive/>
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