

NUTRITION MYTHS

Lunch and Learn Handout & Resources

Where Do You Get Your Facts?

Family, friends, social media, celebrities?

- Only 46% of advice on Dr. Oz was evidence based. (<https://www.bmj.com/content/349/bmj.g7346>)
- Family and friends may have second hand information
- Media can use a “play on words” which can be misleading.
- Even studies can be biased or flawed.



Why So Much Misinformation?

- Everyone is an expert
- Wellness is a business industry
- What works for one isn't for all
- Complex issues are simplified
- Social influence has an impact: celebrities/social media

Common Myths Debunked!

- **Carbohydrates are bad:** Healthy carbohydrates in the form of complex carbohydrates absorb slowly in your system, help with digestion, and are a main source of fuel for our body.
- **More protein means more muscle:** Actually, after the upper limit of around 30g, protein had no benefits on muscle growth, according to the study by the University of Texas (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3197704/>). The body uses the extra for other processes.
- **Eating fat makes you fat:** Fats are essential to many bodily processes. Essential fats cannot be made in the body and must come from your diet. Studies show that good dietary fat is not a determinant of body fat.
- **Don't eat after 8:00pm:** Eating in the evening is not unhealthy if you make good choices, plan small healthy snacks, and are mindful about the reasons why you are “hungry”. However, a set cut off point should be established.
- **Skip meals to lose weight:** Skipping meals to save on calories may affect metabolism, can create rebound overconsumption, and increase cravings for unhealthy foods. However, a structured form of skipping meals called Intermittent Fasting is showing promise as a weight loss and health management tool.
- **Organic food is more nutritious:** When organic food is shipped locally it can be less nutritious than local produce. The food industry capitalizes on public interest in organic by creating and marketing organic processed foods like cookies, potato chips and macaroni and cheese which have the same concerns as other processed foods.
- **Take vitamins to get all you need:** Isolating nutrients minimizes the value when working in conjunction with their cofactors (i.e. calcium is not absorbed well without magnesium, zinc, vitamin d and vitamin k). Miss out on other components that have health promoting properties such as antioxidants, fibre, and hydration.

