

NUTRITION MYTHS

Lunch and Learn Handout

NUTRITION MYTH QUIZ

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|--|------|-------|
| 1. Eating mashed potato every day may make you gain weight. | TRUE | FALSE |
| 2. Inadequate protein can affect muscle mass. | TRUE | FALSE |
| 3. Essential fats come from your diet and aren't made by the body. | TRUE | FALSE |
| 4. You're going out for dinner and want to indulge. You should skip lunch to save on calories. | TRUE | FALSE |
| 5. You don't eat a lot of calcium rich foods. You should take a supplement but make sure it has other nutrients to help with its absorption. | TRUE | FALSE |
| 6. All organic food is nutritious. | TRUE | FALSE |



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Health Coach Key

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| 1. Eating mashed potato every day may make you gain weight. (Mashed potato is a quick release carb which can cause weight gain. Combine with the skin and a drizzle of oil to make the potato a slow release carb.) | TRUE | FALSE |
| 2. Inadequate protein can affect muscle mass. | TRUE | FALSE |
| 3. Essential fats come from your diet and aren't made by the body. (Essential fatty acids are not produced by the body but found in fat rich foods like salmon, nuts, and healthy oils.) | TRUE | FALSE |
| 4. You're going out for dinner and want to indulge. You should skip lunch to save on calories. (This can lead to overconsumption at dinner, cravings, cause digestive distress...etc.) | TRUE | FALSE |
| 5. You don't eat a lot of calcium rich foods. You should take a supplement but make sure it has other nutrients to help with its absorption. (Calcium supplements without its co-factors has led to arterial plaque and an increase in heart attack.) | TRUE | FALSE |
| 6. All organic food is nutritious. (No. Organic food can still be processed and artificial.) | TRUE | FALSE |