

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...”

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. Let’s clear up some of the common **Fact or Fiction** questions 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, fruits, 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 of it! 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 an increase in metabolism. Just a few more reasons 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 \$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 spent on eating out each year, and the billions of dollars 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! The “Canada Food Guide” is a great start to a healthy lifestyle, but it is not always for everyone. The national nutrition guidelines come from evidence-based research to protect and promote good health. Contrary to popular thought, however, the Canada Food Guide is not meant to be a weight loss tool. Rather, it promotes a long-term healthy eating pattern. If you are looking to lose weight, have digestive issues, food allergies or sensitivities, or follow a vegetarian lifestyle, consult with a Registered Dietitian or Nutritionist who can provide dietary advice specific to your needs and conditions.



Nutrition Facts That We Can Be Sure Of!

- 1. Portion control matters.** One of the most sure-fire ways to improve your diet and your health is to be conscious of portion size and control. Start small and allow time for the signal that you are full to get from your brain to your stomach. 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/>
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