

NUTRITION MYTHS AND FACTS

When it comes to managing health or our weight, we are exposed to many popular beliefs or myths that create misconceptions. These misconceptions could often not only misguide people, but may also damage their health and wellbeing.

Below we examine some common myths, and explore true facts.

Myth: Carbohydrates are bad for you.

The truth is that carbohydrates are your body's vital source of energy and going too long without them can negatively influence your overall physical activity level and performance.

Fact: Your body needs carbohydrates hence keep complex carbs like fruits and whole wheat bread on your menu.

Myth: Fad diets work and can help you lose weight in a couple of weeks.

It has been substantiated that 98% of all dieters regain weight after going off their "eating regimen". The best way to lose weight is to make small, sustainable changes to your nutritional intake and balance these with an overall healthy lifestyle.

Fact: Fad diets do not work but a healthy lifestyle does.

Myth: Certain foods can burn fat and help you lose weight.

Fat is the stored energy inside your body. The fact is that no food can burn fat. The best way to lose weight is to cut back on the number of calories you eat and be more physically active.

Fact: No food can help your body burn fat or help you lose weight. Controlling your calorie intake can however help you maintain weight.

Myth: Skipping meals is an effective way to lose weight.

Studies demonstrate that individuals who skip meals, particularly breakfast, and eat less during the day, tend to be heavier than people who eat four to five times a day. Not eating slows your metabolism, making your body store more fat, instead of burning it.

Fact: Skipping meals does not help you lose weight.

Myth: Brown Sugar is better than white sugar.

Nutritionally, brown sugar and white sugar are quite similar. Brown sugar contains slightly more minerals than refined white sugar because it contains molasses, which adds flavor and moisture but does not offer any additional nutritional benefits over white sugar. Therefore, brown sugar is as damaging as white sugar, and may not be used as an alternate for diabetics.

Fact: Brown sugar is actually white sugar with added Molasses.

Myth: If you take a vitamin supplement, you do not need to worry about what you eat the rest of the day.

Although vitamin supplements may provide some of the vitamins you need each day, they don't provide many other important nutrients which are required. Thus they cannot replace a healthy, balanced diet.

Fact: Vitamins are only a part of your healthy diet.



REFERENCES:

<https://www.uwmedicine.org/patient-resources/nutrition-services/nutrition-myths>
https://rover.edonline.sk.ca/system/guides/nutrition_myths_and_facts.pdf

