



How to Debunk a Nutrition Myth

A healthy lifestyle can be achieved through a number of ways

1. *Educate yourself:* Learning the basics of a healthy diet will decrease the likelihood of buying into a nutrition myth. A well-balanced diet includes whole grains, fruits, vegetables, low-fat dairy, and lean protein sources.
2. *Read Food Labels:* Understanding what the numbers on a nutrition facts label mean, can make buying food much simpler.
3. *Moderation is Key:* Abiding by the 80/20 rule (following a healthy diet /lifestyle 80% and indulging 20%) helps to maintain a more realistic food balance.
4. *Be Physically Active:* Weight gain is based on the formula of calories in versus calories out. Being physically active is not only good for your heart but also for keeping food intake in balance.
5. *Snack Smart:* Snacks should help to supplement energy in-between meals. Try to keep snacks between 150-200 calories, otherwise it may lead to increased calories and unwanted weight gain.

Additional Resources

American Dietetic Association
www.eatright.org

References

1. Celiac Disease Foundation. (2011). *Celiac Disease*. Available at www.celiac.org. Accessed October 2011.
2. HealthCastle.com. (2011). *10 diet and nutrition myths debunked*. Available at <http://www.healthcastle.com/nutrition-myths.shtml>. Accessed October 2011.
3. Intermountain Healthcare. (2010). *Nutrition Myths*. Available at <http://intermountainhealthcare.org/services/nutrition-services/nutrition-myths/Pages/home.aspx>. Accessed October 2011.
4. Weight Control Information Network. (2009). *Weight-loss and nutrition myths*. Available at <http://win.niddk.nih.gov/publications/myths.htm>. Accessed October 2011.



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Nutrition Myths and Facts



Dinner with the
Registered Dietitian

2011-2012

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Organic Foods are More Nutritious³

Both conventional and organic farming approaches supply foods that are nutritionally comparable. Nutrition content of foods is affected by climate, soil conditions, genetic differences, ripeness at harvest, and the handling of food, which play a role in both conventional and organic farming. Some individuals prefer the flavor of organic foods, or are concerned about chemicals used. Nonetheless, eating a diet high in fruits and vegetables, whether they are organic or not, is healthy and has been proven to decrease risk of certain diseases.



Eating after 8pm Causes Weight Gain⁴

Weight gain is dependent on how many calories are consumed and the amount of physical activity conducted during the day, NOT by the time of day that you eat. No matter what or when you eat your body will store extra calories as fat.



Red Meat is Bad For Your Health⁴

Choosing lean cuts of meat can be part of a healthy diet. Although they contain saturated fat and cholesterol, red meat also contains healthy nutrients such as protein, iron and zinc.



Brown Eggs Are More Nutritious Than White Eggs²

Contrary to popular belief, the color of an egg has nothing to do with the quality, flavor, nutritive value, cooking characteristics, or shell thickness. The color of the egg depends solely on the breed of the hen. White shell eggs are produced by hens with white feathers and white ear lobes, and brown shelled eggs are produced by hens with red feathers and red ear lobes. The color of the yolk is based upon what type of feed the hens eat.



Sugar Causes Diabetes²

This is probably one of the most common misconceptions about diabetes. If you have diabetes, you need to watch your sugar and carbohydrate intake to properly manage your blood sugar level. However, there is no research that has found sugar directly causes diabetes. The main risk factors for developing Type 2 Diabetes are a diet high in calories, being overweight, and an inactive lifestyle. This does not mean there is a green light to eat as much sugar as you want, as sugar contributes to overall calories, and a high caloric diet is a risk factor for diabetes.



Is a Gluten-Free Diet Healthier?¹

Gluten is the protein found in specific grains: wheat, barley, and rye.

Celiac Disease (CD) is a lifelong inherited autoimmune condition, which affects nutrient absorption and causes damage to the small intestine when gluten is ingested. Even small amounts of gluten in foods can affect those with CD and cause health problems. The **ONLY** treatment to help keep the body healthy is to abide by a gluten-free diet once diagnosed. Individuals may also be prone to gluten-sensitivity and gluten-intolerance, which would also require following a gluten-free diet.

A gluten-free diet has received a lot of media attention due to its increased awareness, as well as celebrities stating they have eliminated gluten for weight loss. With any diet where there is elimination of an entire food group, chances are weight loss will occur. However, that leaves the body deprived of essential vitamins and minerals received from whole grain products. Gluten-free substitutions can often be higher in carbohydrates, sugar, and calories, which can actually lead to weight gain.

Gluten-free or not, remember to stock up on whole grains and fruits and vegetables and use any refined flour products sparingly.

