

Nutrition Myths Revealed

Myth: You need to drink eight, 8-oz. glasses of water per day.

FACT- Everyone's fluid needs are different. You should replace water lost through breathing and sweating each day - but that doesn't necessarily total 64 ounces of water. You also get water from foods you eat.

Myth: Eating eggs will raise your cholesterol.

FACT- Studies suggest that eating one egg per day will not raise cholesterol levels and that eggs are actually a great source of nutrients. Eggs are great sources of protein, vitamin A, vitamin D, folate and iron.

Myth: All fats are bad for you.

FACT- Fat helps to build healthy cell membranes, which can protect us from disease. Fat helps us make hormones and it is also vital for proper brain development. Certain fats found in nuts, fatty fish and olive oil actually help lower cholesterol levels.

Myth: You will gain weight if you eat after 8 p.m.

FACT- It does not matter what time of day you eat. It is what and how much you eat and how much physical activity you do during the whole day that determines whether you gain, lose, or maintain your weight

Myth: You should not drink chocolate milk because it has too much sugar in it.

FACT- It is true that flavored milk, like chocolate, has added sugar, but it actually has added sugar than fruit punch or soda. Remember that milk also provides calcium and protein that soda and punch do not.

Myth: White bread has the same nutrition value as many dark breads

FACT- You cannot judge bread by its color alone. You need to read the list of ingredients and look at the nutrition facts panel. Wheat bread isn't always whole wheat bread. Sometimes darker breads will have caramel or other coloring added, so you are getting nothing more than a colored white bread. Bottom Line: Choose breads with the first ingredient listed as 100 percent whole wheat.

Myth: Vitamins will enhance your strength and endurance.

FACT- Vitamins supply the body no calories and cannot be used as fuel.

Myth: If my food label says 0 grams of trans fat, then it has absolutely no trans fat.

FACT- The FDA's trans fat labeling rule states that food companies only need to mention trans fat IF and ONLY IF their food contains 0.5 grams of trans fat or more per serving. According to the American Heart Association ANY amount of trans fat is too much.

Myth: Sugar causes diabetes

FACT- Sugar intake will not cause diabetes. So far, a diet high in calories, being overweight and an inactive lifestyle are the main risk factors for developing Type 2 diabetes.

Myth: Margarine has fewer calories than butter.

FACT- Regular margarine and stick butter contain the same number of calories: about 36 calories per teaspoon.

Jon Vredenburg, MBA, RD, CSSD, LD/N
Recreation and Community Services Department