

## **NUTRITION MYTHS AND FACTS**

- 1) **You can wait to change your diet.** Often, the first sign of a problem is a heart attack, stroke or cancer. Dietary choices impact on health very early. A recent study revealed that 65% of 12-1 years old's who died of other causes were found to have the beginnings of coronary heart disease. Eat well as soon as possible!
- 2) **Exercise can make up for a poor diet.** You can't out-exercise your mouth
- 3) **Carbs are fattening.** Only the bad, processed carbs are not healthy. It's the fat and protein that cause problems
- 4) **Milk is necessary for calcium and bone health.** Many studies show that dairy provides no bone protection. Calcium is important but we get all we need (and better absorbed) calcium from vegetables and sun exposure.
- 5) **You need red meat for iron.** Plants provide plenty of iron in a form that is better absorbed and more readily usable by the body. Meat provides more non-usable iron in amounts that are dangerous.
- 6) **You need animal products for protein.** You can get ALL the protein (including all essential and non-essential amino acids) you need from plant sources. Broccoli is 30% protein. In addition, the protein you get from plants impacts on kidney function significantly less than protein from animal sources. The other important fact is that when you consume animal protein, the liver produces a hormone called IgF1 (insulin like growth factor) which is thought to contribute to cancer formation and is known to promote cancer growth once it is there. The liver does not produce IgF1 when you consume plant protein!
- 7) **Chicken is healthier than beef.** The leanest beef is 29% fat as a % of calories. The leanest chicken is 23%! Chicken is very high in disease causing bacteria and viruses. Americans eat 1 million chickens per hour!
- 8) **Salmon is slimming.** Fish do have good (omega 3) fat but it is only 30% of the fat. The rest of the fat is bad fat.
- 9) **A glass of wine a day is good for you.** Even one daily drink increases breast cancer risk. Keep it modest.
- 10) **Everything in moderation.** If it's not good for you, why accept any risk? Is heroin or cigarettes in moderation ok? No, its not. Moderation is a slippery slope.
- 11) **Organic doesn't matter.** Non-organic fruits and vegetables don't have less nutrients than their organically grown equivalents but they have pesticides which are linked to many diseases. HOWEVER, don't avoid fruits or vegetables if they are not organic. You are still better off eating the fruit or vegetable but try to go organic as much as possible.