

Debunking Diet Myths

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Separating Fact from Fiction

- Do you wonder what 'healthy' on a label really means?
- What about low fat, low carb, sugar free, sodium free diets?
- Which is better?



What do these terms mean?

- **Low fat** means the amount of fat per serving (or per 100 grams of food) is 3 grams or less. Sometimes seen as 97-98% fat free.
- **Fat free** indicates the product has less than 1/2 gram of fat per serving
- **Sugar Free**: less than 0.5 g sugar...but does not mean CHO free.
- **Natural**: FDA has no set definition for the word.
- **Light (or lite)**: virtually meaningless term used in a variety of ways by individual manufacturers. FDA's only parameter for this term is that it must contain "less of something".

Myth #1: Fat Free/Sugar Free are better for you

- Low-fat' or 'fat-free' doesn't necessarily mean low calorie or calorie-free.
- Extra sugars, thickeners & sodium
- Watch quantity
- Sugar free foods can be higher in fat.

What to do now?

- Read labels
- Still need 1/3 of calories from fat
- Swap saturated and cooked fats for good quality unsaturated fats, found in things like olive oil and avocados.
- Choose lean meats, fish



Let's take a look at the label

Product	Fat	Sugar
Light Vanilla Ice cream	4.5g	22g
Vanilla Ice cream	10g	18g
PM Patty	3g	27g
SF PM Patty	8g	0g

Myth # 2: Sea Salt is better than Table Salt

- Seen market as “healthy”, “all natural”
- Salt is salt. Sodium (Na, 40%) and Chlorine (Cl, 60%).
- We consume plenty of NaCl.
- Trace minerals in sea salt do not outweigh the hazards of a high sodium diet.

Table Salt vs.. Sea Salt

- Sea salt comes in larger crystals- containing less sodium per tsp.
- BUT! Sea salt and table salt contain the **same amount of sodium by weight**.
- If you salt to taste, you may find yourself consuming a similar amount of sodium from sea salt.



Conclusion

- Both sea salt and table salt are equally “healthy” when used in appropriate amounts.
- RDA are between 1200mg-2300mg/day depending on age and health history.
- Consuming too much sodium from any of the above sources can cause
 - high blood pressure, heart disease, kidney disease and stroke.

Myth #3: More protein builds more muscle



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- Yes, muscle tissue is made up of protein
- Vast majority of athletes/people meet their daily protein needs without even really trying.
- Extra protein beyond what's needed breaks down into AA's and nitrogen.
- Either excreted or stored as FAT!

Long Term excess protein intake can:

- Overwork your kidneys.
- Dehydrate you.
- Cause excessive calcium loss from your bones.
- Increase your risk for heart disease since many high-protein animal foods are also high in saturated fat.

How much protein is enough?

- Too much or too little of anything can be detrimental.
- For athletes it is important after for muscle repair.
- An average person needs about 60-80g protein per day.
- 3 oz of lean meat (deck of cards) is about 24-27 g/protein.

Myth # 4: Eating before bed will lead to weight gain

- **Truth:** It's total calorie intake over the course of the day that determines whether a food will turn to body fat or not.
- It doesn't matter when the calories are eaten
- Your body can't tell the difference; the food will be metabolize the same way.



Things to watch out for!

- Amount of total calories in day and amount burned.
- Mindless snacking while watching TV
- Too much time between meals
- Discomfort foods-spicy
- Snack options



"I found Cheez Whiz back here!"

Myth # 5: Carbs make you fat

- Truth: Our body needs Carbohydrates.
- Carbohydrates is the main fuel source for our brain.
- CHO heavy diet may lead to retaining more water more often, so you *feel fatter*.



What about all these low-carb diets?

- Cutting out a entire food group will lead to weight loss, but...
- Short-term effects include
 - fatigue, constipation and irritability;
- Long term,
 - Risk for heart disease and colon cancer
- Look at calories
 - Protein: 4 kcal/g, **CHO: 4 kcal/g**, Fat: 9 kcal/g, Alcohol: 7 kcal/kg

Making healthy choices

- Cut back on refined carbs such as soda and foods made with white flour.
- Choose healthier carbs like whole grains, fruits, and vegetables.
- **100%** wheat vs. white
- Moderation
- Suggest no lower than 130 g CHO daily. (low CHO diet 20 g CHO)

Key Points

- Just because it is sugar free/fat free does not mean it is healthier
- Remember salt is salt
- You don't need extra protein to build muscle
- It's okay to eat at night; healthful choices
- Our bodies need carbs

Questions?

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**“You’ll have to eat that donut outdoors.
Nobody wants to inhale secondhand carbs!”**

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