

Nutrition Myth Busters

Many websites and social media platforms can post false nutrition information. This can make it difficult to understand the truth. It's important to remember this when reading about nutrition. Here are a few common nutrition myths to be aware of.

Myth: *“Skipping meals is a healthy way to eat and lose weight”*

Busted: Our bodies are like a car. We need to give it fuel regularly for energy and to keep our metabolism going.

Myth: *“I don't need to eat breakfast”*

Busted: Breakfast is meant to “break the fast” after being asleep. Studies suggest that eating breakfast can improve energy and focus. It can also help to prevent overeating at other meals.

Myth: *“Carbs are bad for you”*

Busted: Carbs are an essential nutrient that our body uses for energy. Our brains also use the natural sugar found in carbs.

Myth: *“Eating snacks is bad for you”*

Busted: Our bodies may need snacks in order to meet our energy needs, especially when we are in recovery, more physically active, or growing.

Myth: *“Eating fat will make you fat”*

Busted: Fat is an important nutrient that our bodies use for long lasting energy. We also need essential fatty acids to support growth, immune health, and help with vitamin absorption.

Myth: *“Eating at night is bad for you”*

Busted: There is very little research that shows that eating at night will have negative effects on the body.

Myth: *“Gluten free and keto diet are healthy for everyone”*

Busted: The gluten free diet is meant for those with celiac disease. The keto diet is medically recommended for those with seizures. Following these diets without the support from a doctor or dietitian could lead to nutrient deficiencies.

Myth: *“If I want to be healthy, I can't have desserts, eat out, or have any junk food”*

Busted: All foods can fit into a healthy diet. There is always room for treats or “junk” food if they are balanced with all the other food groups.

It's important to know where to find accurate nutrition information. Here are a few good resources to refer to:

- [Eatright.org](https://www.eatright.org)
- [Choosemyplate.gov](https://www.choosemyplate.gov)
- A Registered Dietitian

