

NUTRITION Talk

Week 6: Nutrition Myths

About the event: The purpose of this week's event is to dispel/confirm some common nutrition myths! Attached is a table with all of the myths and their answers.

Good luck!



Question	Answer
True/False: brown sugar and white sugar have the same nutritional value	True! Brown sugar is just white sugar with molasses. The additional nutrients from the molasses are basically negligible.
True/False: we should use detox diets and juice cleanses to clean out the toxins in our bodies	False! There's very little evidence that dietary cleanses do any of the things they promise. The fact is we don't need to cleanse our bodies. Our liver, kidneys and gastrointestinal tract do a good job of detoxing it every day. If you're looking to rejuvenate your body, focus on eating more whole foods, drinking water and removing highly processed foods from your diet.
True/False: everyone should follow a gluten-free diet	False! Unless you have celiac disease, gluten will be completely harmless to you. Gluten is a protein found in wheat, barley, rye, and other grain products.
True/False: brown eggs are more nutritious than white eggs	False! Eggshell does not affect quality, flavor, or nutritive value of an egg. Eggshell color only depends on the breed of the hen.
True/False: skipping meals will help you lose weight	False! Skipping meals slows down your metabolism to compensate for the lack of food. Furthermore, you're more likely to overeat at your next meal.
True/False: alcohol can be good for you	True! Moderate consumption of alcohol can lead to reduced risk of cardiovascular disease. A moderate amount is considered 2 drinks/day for men and 1 drink/day for women.

Additional Resources:

<http://mayoclinichealthsystem.org/hometown-health/speaking-of-health/10-nutrition-myths-debunked>

<http://www.uwmedicine.org/patient-resources/nutrition-services/nutrition-myths>