# Nutrition

## Myths and Facts

#1. All Juices are the same and can be counted as one serving of fruit.

  Myth: Unless it says 100% fruit juice, it most likely is not a full serving of fruit and contains added sugars and empty calories.

#2. You should have 5 servings of fruit a day.

  Myth: You should have 5 servings of fruits AND veggies a day.

#3. The sugar in fruit is unhealthy sugar and should be avoided.

  Myth: The sugar in fruit is not considered “added sugar” (which should be limited to less than 6 tsp per day). Eating fruit as part of a balanced diet is important for good health.

#4. Most fruits are naturally low in fat, sodium and calories, and contain no cholesterol.

  Fact: Fruits pack a powerful nutritional punch! And they have fiber to keep you full and vitamins and minerals, too!

#5. Fruit contains chemicals that are important for your health.

  Fact: Fruit contains phytochemicals, which are antioxidants that help protect against diseases. Fruits also contain vitamins and minerals that are also an important part of a healthy diet.

#6. Potato chips count as a vegetable.

  Myth: Although potato chips are made from potatoes which are a vegetable, they are high in fat and are not considered to be a vegetable. It is recommended to eat them in moderation.

#7. Frozen vegetables are just as healthy as fresh vegetables.

  Fact: Frozen vegetables can be a good alternative to fresh, especially when some vegetables are not in season.

#8. Beans are a part of the vegetable food group.

  Fact: Beans are a starchy vegetable, but they are also a part of the protein food group as well.

#9. There are 3 main types of vegetables: green, orange, and white.
Myth: There are 5 groups: dark green vegetables, starchy vegetables, red & orange vegetables, beans & peas, and the “others” groups.

#10. Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity and type 2 diabetes.

Fact: Including fruits and vegetables are important in fighting disease and staying healthy. You should fill half of your plate with vegetables and fruits.

#11. There are two types of grains in the grains food group.

Fact: There are whole grains, which contain the bran, germ, and endosperm of the grain kernel, and there are refined grains which have the bran and germ removed.

#12. All breads are considered whole grains.

Myth: white bread and some brown breads are considered a refined grain. Look for the package that says “100% whole grain.”

#13. Popcorn is considered a whole grain.

Fact: Popcorn is considered a whole grain, but don’t be deceived! Popcorn with added butter and salt can add hundreds of unnecessary calories and fat. Choose light versions or better yet, air-popped for a healthy, high fiber whole grain treat!

#14. A bagel from your favorite bagel place counts as ONE serving of grains.

Myth: A regular (large) bagel from a chain bagel shop counts as 4 servings and can have up to 500 calories in it (and that’s without the cream cheese)!

#15. One cup is considered one serving in the grains group.

Myth: It depends on the grain, but one ounce is considered one serving of grains. Examples are 1 slice of bread, ½ c. of cooked rice, one cup of cold cereal.

#16. Protein is only found in meat.

Myth: The highest quality type of protein is found in meat, but grains, beans, nut and dairy also have protein in them and can be a good substitute for meat.

#17. The body uses protein only to build muscle.

Myth: Protein is the building blocks for bones, muscle, cartilage, skin, blood, hormones, enzymes and vitamins.

#18. Protein contains vitamins and minerals.

Fact: Protein does contain B vitamins, vitamin E, iron, zinc, and magnesium.
#19. Eating only protein is a good way to loose weight.

Myth: Eating only protein can be a difficult lifestyle to stick to, not to mention that it is unbalanced and can lead to other diseases. To try to lose weight healthfully, focus on eating a balanced healthy diet, and increase your physical activity.

#20. Fried fish is just as unhealthy as a cheeseburger.

Fact: Although fish is an important part of a healthful diet, deep frying it adds a lot of unhealthy fats. Try baking or grilling your fish and adding lemon juice instead to get the health benefits.

#21. Only babies and small children need to drink milk.

Myth: Milk contains nutrients such as calcium that help to build strong bones and well to prevent osteoporosis later in life. Milk is important for all age groups.

#22. Plain milk contains sugar.

Fact: Milk does contain lactose, a type of sugar, but this kind of sugar is not considered an added sugar (before adding chocolate syrup, that is).

#23. You don’t have to worry about the fat in dairy products, like cheese and whole milk.

Myth: Some dairy products like full-fat cheeses and whole milk are high in fat, specifically saturated fat which can contribute to disease. Choose low-fat and fat-free versions in order to keep your saturated fat intake low.

#24. You should aim for 5 servings of dairy a day.

Myth: You should aim for 3 servings of dairy every day. One serving is equal to one cup of milk, 1 ½ ounces of cheese (about the size of two dice), one cup of yogurt.

#25. A lot of people are allergic to milk.

Myth: Milk allergy is not very common, however many people are lactose intolerant, meaning they do not have enough of the enzyme lactase, which breaks down the lactose sugar in milk. These people can try to drink lactose-free milk and dairy products, or even calcium-fortified soy milk.

#26. Nutrition is something only adults have to worry about.

Myth: Nutrition is important to all people at all ages. Learning and applying good nutrition principles early in life can help you stay healthy and less likely to have certain diseases, such as heart disease, obesity, diabetes, stroke, and many, many more.

#27. Skipping breakfast is a good way to loose weight.
Myth: Breakfast is an important way to start the day. Studies have found that those who skip breakfast eat more later in the day that those who begin their day with a healthy breakfast.

#28. Fiber is something only old people need in their diet.

Myth: Everyone needs fiber in their diet. Fiber helps to maintain good digestion and helps to keep you full. Aim for about 25 grams of fiber per day.

#29. Foods high in fat and sugar contain empty calories.

Fact: Empty calories are calories that contain no nutrients. Foods high in solid fat (saturated and trans fat) or added sugars, such as French fries, baked goods, and sodas, contain empty calories. Make every calorie count toward good nutrition – limit empty calories!

#30. A salad at a restaurant can contain just as many calories and fat as a cheeseburger.

Fact: Salads that contain a lot of ingredients such as cheeses, bacon, croutons, and heavy dressings can have just as many calories and fat. Stick with a salad that contains mostly vegetables and ask for the other stuff on the side.