Nutrition Facts and Myths

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Where did you hear that?

• Consumers get nutrition info from
  - TV 67%
  - Magazines 41%
  - Internet 40%
  - Newspapers 20%
  - Doctors 16%
  - Family and Friends 16%

• Who do consumers consider as “very credible” sources?
  - RDN 71%
  - MD 64%
  - RNs 54%
What We Need to Change

**What's In Our Food**

[Diagram showing nutritional information]

[Chart illustrating the distribution of nutrients in food]
Quiz time!

Myth or Fact?

- Eating healthy is hard and complicated and the recommendations change all the time.
  
  Myth!

- Healthy eating and a healthy lifestyle do not have to be complicated.
- Use MyPlate
  
  www.choosemyplate.gov
  - eat a variety of healthy choices from each food group
  - enjoying physical activity each day
Pay Attention to These Facts

1. Look at serving size, servings per container, and calories.
2. Limit fat, saturated fat, trans fat, cholesterol, and sodium.
3. Get enough fiber and important nutrients.

Eating too many calories per day is linked to overweight, obesity, and the development of certain chronic diseases.
Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk for certain chronic diseases.
Eating enough fiber and nutrients can improve your health and help reduce your risk of some diseases.

Myth or Fact?

- Fad diets work – you can just diet for a few weeks and lose a lot of weight.

Myth!

- Fad diets don’t work but healthy lifestyles DO
- It is estimated that 98% of all dieters regain weight loss after going off a “diet”
- Those most successful at losing and maintaining weight loss made substantial changes in their eating and activity habits
- You didn’t gain the weight overnight, adapting new habits and lifestyles take time, too.
Myth or Fact?

• All carbohydrates should be avoided if you want to control your weight.

Myth!

• Carbohydrate-rich foods are a critical part of a healthy and active lifestyle
• The thing to remember is that all carbohydrates are not created equally
• Whole carbohydrates such as whole grains, fruits and vegetables contain fiber and important nutrients and offer slow-released, sustained energy.
• Refined carbohydrates such as sugars, candies, and soda offer little fiber or nutrients.

Myth or Fact?

• Artificial sweeteners cause weight gain, cancer and other health problems.
Myth!

- Non-nutritive sweeteners do not contribute calories or carbs to the diet.
- Adverse events were seen in studies where intake was much higher than average intake
- Headaches?

Myth or Fact?

- I really don’t have control over my health.

Myth!

- You have more control than you think; genetics plays a small role in your overall health. Consider that:
  - 90% of all Type 2 Diabetes
  - 80% of cases of heart disease
  - 33% of cancers
- can be prevented with good nutrition, an active lifestyle and a healthy weight.
Myth or Fact?

• Certain foods, like grapefruit, celery, or cabbage soup, can burn fat and make you lose weight.

Myth!

• No foods can burn fat.
• To lose weight you need to burn more calories than you consume
  - You cannot eat whatever you want
  - Lowfat or sugar-free does not mean calorie free

Myth or Fact?

• Eating after 8PM is not a good idea if you want to lose weight.
Myth!

- It does not matter what time of day you eat
- It is what and how much you eat and how much physical activity you do during the whole day that determines whether you gain, lose, or maintain your weight.
- No matter when you eat, your body will store extra calories as fat.

Myth or Fact?

- Skipping meals is a good way to cut calories and lose weight.

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Myth!

- Studies show that people who skip breakfast and eat fewer times during the day tend to be heavier than people who eat a healthy breakfast and eat four or five times a day.
- This may be because people who skip meals tend to feel hungrier later on, and eat more than they normally would.
- It may also be that eating many small meals throughout the day helps people control their appetites.
Myth or Fact?

• Everyone should take vitamin supplements and/or mega-vitamins as an insurance policy for good health.

Myth!

• Food should be the primary source of needed vitamins, minerals and other nutrients.
• Eating a wide variety of foods is still the best way to get all these essential nutrients.

Before You Take A Pill

• Is there significant evidence in peer-reviewed journals that supplements are beneficial for your health?
Before You Take A Pill

• No multivitamin formulation has been proven to be effective in treating or preventing diseases other than nutrient deficiency diseases — which are not a big concern for most Americans.

Myth or Fact?

• Glycemic index diets proclaim that those eating diets with lower glycemic index and glycemic load will lose weight easier.

Myth!

• Two recent studies have show that GI and GL have little effect on weight loss.
• The glycemic index can make cheesecake look better than carrots!
• If you want to lose weight concentrate on food high in fiber and low in calories: like fruit, vegetables and whole grains while reducing the foods with low nutrient density eaten.
### Nutrition Facts

- Eat a balanced diet
  - Get enough nutrient-rich foods
  - Limit nutrient poor foods
- Balance eating/exercise
- No magic bullet
- Debunk myths

### What We Really Need to Do

- The Dietary Guidelines for Americans encourage most Americans to:
  - Eat fewer calories.
  - Be more active.
  - Make wiser food choices.
References


• Nutrition Therapy Recommendations for the Management of Adults With Diabetes. Diabetes Care January 2014 37: Supplement 1 S120-S143

References
