

# nutrition myths

The marketplace is full of confusing messages about food and nutrition. Here are some common food myths destroyed:

**Myth #1 - Snacking between meals is bad for you.**

Contrary to what you may have heard, eating several small meals throughout the day will boost your metabolic rate, help you feel more energetic and make it easier for you to manage your weight. However, what you choose for a snack is also important. Variety and moderation also apply. Some snacking choices include: fruits or vegetables, yogurt, air popped popcorn, a low fat muffin or lower fat grain crackers. To help teach kids the benefits of healthy snacking habits, plan or schedule snack breaks so they can learn that snacking does not mean continuous eating.

**Myth #2 - Nutritious food is more expensive.**

The good news is that some of the most economical foods are also the most nutritious foods. For example:

bread, cereals, pasta, rice, baked beans, chili, fruits and vegetables are all lower in fat and higher in complex carbohydrates and fibre. There are plenty of economical food choices within each food group so load up your shopping cart the next time you go shopping. And remember, foods come in a variety of range of sizes, shapes, textures and tastes, including frozen or canned.

**Myth #3 - Lower fat eating does not taste good.**

Enjoying delicious food is one of life's pleasures and healthy eating can taste great. Be adventurous! Experiment with new foods, new recipes and the many ethnic cuisines available.

**Myth #4 - Avoiding red meat will make you healthier.**

Meat is an important source of iron and zinc, two nutrients that many Canadians have difficulty obtaining in adequate amounts. Eliminating one food from your diet is not the answer... it is a question of how much and how often. Choose today's leaner cuts of meat in small amounts.

**Myth #5 - Cereals are for children only.**

Cereals are a great way to start anyone's morning. But don't think of cereals just as a morning food, they can be enjoyed at any time of the day. Most cereals provide a source of dietary fibre, iron, B vitamins, zinc and energy.

**Myth #6 - Sugar is a major cause of certain health problems.**

With the exception of cavities, there is no evidence that moderate consumption of sugar poses health problems. There is no evidence to support the beliefs that sugar causes cancer, heart disease, diabetes, obesity, or even hyperactivity in children. As far as your enjoyment of sweet foods like desserts, these foods can be a part of overall healthy eating patterns if eaten in balance and moderation over time. Many foods like cereals, fruit or yogurt, which contain sugar are good sources of many important nutrients such as vitamins and minerals.

*Adapted from "All Foods Can Fit" booklet, produced by dieticians of Canada.*

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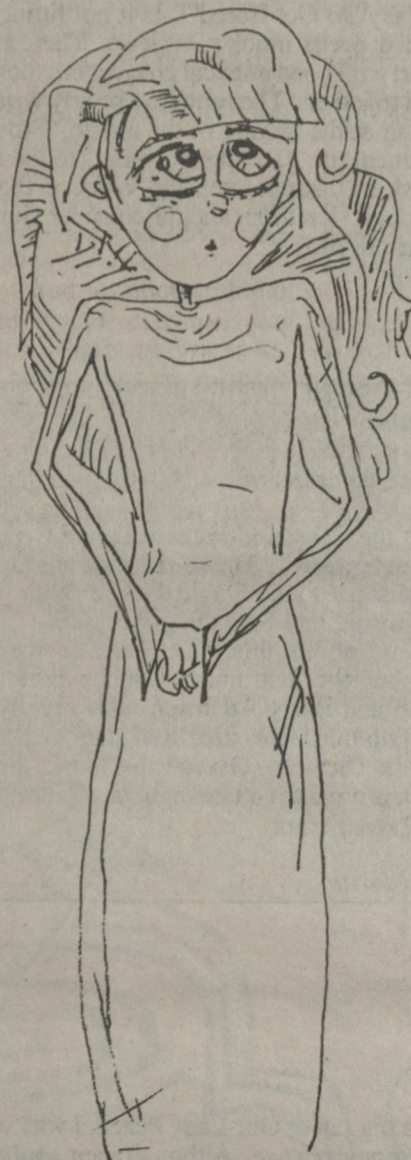
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