



Debunking 7

Common Nutrition Myths

Myth

- ✗ Carbs cause weight gain.
- ✗ A low-fat diet is better for weight loss.
- ✗ High cholesterol foods are unhealthy.
- ✗ Breakfast is the most important meal of the day.
- ✗ White potatoes are bad for you.
- ✗ Fruit is unhealthy.
- ✗ Gluten should be banned.

Fact

- ✓ Overeating causes weight gain, not carbs.
- ✓ High fats foods like avocados, fish, nuts and seeds are filling and healthy.
- ✓ Eating foods like eggs and shellfish won't affect necessarily affect your cholesterol levels.
- ✓ Listen to your hunger and eat breakfast when your body feels ready.
- ✓ White potatoes are high in potassium, vitamin C and fiber.
- ✓ Fruit contains natural sugar, but is high in vitamins, minerals and fiber.
- ✓ Unless you have celiac disease or gluten intolerance, gluten is fine to eat.