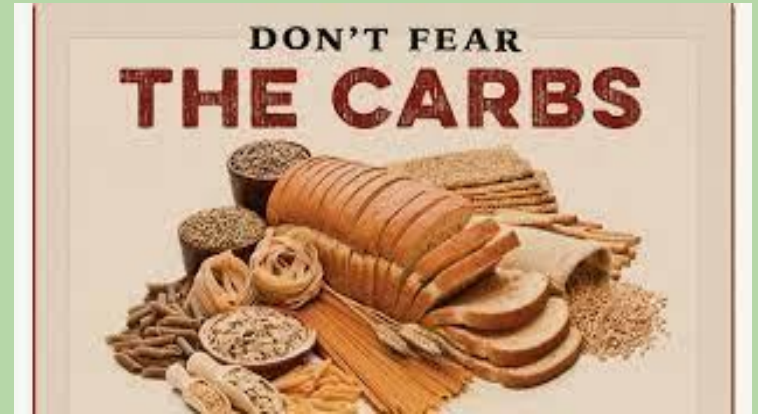


Nutrition Mythbusters

Brianna Higgins, MS, RD, LD



Myth #1: Carbs Are Bad For You



- Are not the devil!
 - Are our preferred/most convenient form of energy
 - Utilized mainly for thinking and exercise
 - Excess carbohydrates are stored as fat.
- Be sure to incorporate high fiber carbohydrates into every meal and snack.
 - Diets high in fiber are linked to healthier cholesterol levels and digestive systems
 - Fiber makes you feel fuller longer
 - Ex: potatoes, sweet potatoes, oats, whole grain bread/pasta, quinoa, chickpeas, beans, peas, brown rice, fruit
- Non-starchy vegetables contain small amount of carbohydrates
- Limit refined/sugary carbs
 - Mostly linked to diabetes and cardiovascular disease
 - Ex: white bread/pasta, baked goods/pastries, candies, cakes, syrups, juices, chips

Myth #2: It Is Bad To Eat Late at Night

More research is needed on humans to determine whether calories eaten at night are more likely to cause weight gain than those eaten earlier in the day.

- If you are calorie deficient, this should not impact you.
- Eating meals every three to four hours helps regulate your blood sugar and controls hunger and cravings.

**When you're trying to lose weight, eat regular meals and consume 90% of your calories before 8 p.m.



Myth #3: Nut Milks Are More Nutritious Than Cow's Milk

Vitamin D Content

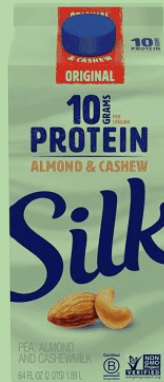
- Cow's milk is very commonly fortified with vitamin D3 (the most absorbable form of vitamin D).
- Nuts milks often contain vitamin D2, which is more difficult to absorb without adequate sunlight.
- The foods we eat and the sun work together to synthesize vitamin D.
 - Your feet, face, and hands should be exposed for about 15 minutes daily to truly reap the benefits of vitamin D from the sun. This is hard to do in the winter months!
- Foods that naturally contain vitamin D3 are found in egg yolks, beef liver, and fish.
 - Some yogurts are fortified with vitamin D3, but most are not.
 - Vitamin D2 is found in mushrooms, fortified breakfast cereals, and fortified orange juice.
- Lactose intolerant? Consider a lactose-free milk.



Myth #3: Nut Milks Are More Nutritious Than Cow's Milk

Protein Content

- Most nut milk contain ~1 gram protein, milk contains 8 grams protein
- Nut-based yogurts are also low in protein
- Consider soy milk as a good dairy alternative or pea protein
 - Moderate soy consumption (2 servings/day) will not increase risk of breast cancer



Myth #3: Nut Milks Are More Nutritious Than Cow's Milk

Sugar Content

- Cow's milk does contain more carbohydrates and sugar
 - It is ok! This is a natural sugar that is needed in the diet in moderation (2-4 servings daily).
 - Choose lactose-free milk if lactose intolerant.
 - Greek yogurt is low in lactose naturally.



Myth #4: Eggs and Shrimp Will Increase My Cholesterol



Shrimp

- 3.5 oz. of shrimp supplies about 200 milligrams (mg) of cholesterol.
 - For people at high risk for heart disease, that amounts to a full day's allotment. For everyone else, 300 mg is the limit.
- Shrimp is very low in total fat, with about 1.5 grams (g) per serving and almost no saturated fat at all.
 - Saturated fat can efficiently convert it to low-density lipoprotein (LDL), otherwise known as "bad" cholesterol.
- Studies have shown that 10 ounces of shrimp daily raises LDL cholesterol, but also raises HDL or "good" cholesterol, and lowers triglycerides.
- Low HDL levels are associated with total inflammation in relation to heart disease. Therefore, a higher HDL is desirable.
 - Optimal HDL is 60 mg/dL for men and women
 - Men are at risk for heart disease if HDL <40 mg/dL
 - Women at risk for heart disease if HDL <50 mg/dL

Myth #4: Eggs and Shrimp Will Increase My Cholesterol

Eggs

- People who are at increased risk of heart disease can eat up to six eggs per week as part of a heart-healthy diet.
 - This amount is unlikely to have any substantive influence on their risk of heart disease.
 - For the general healthy population, eggs can be included as part of a heart-healthy eating pattern.

**The overall evidence for the effect of eggs on blood cholesterol has been deemed inconsistent. While the evidence is not clear enough to say there is no association between dietary cholesterol and heart disease, it is also not strong enough to continue previous recommendations which limited egg intake to three per week.

- Eggs are a nutritious whole food which are an inexpensive source of protein and contain other nutrients such as carotenoids, vitamin D, B12, selenium, and choline.
- When eating eggs, it is also important to pay special attention to the foods you eat alongside them such as, white bread, butter, salt, and/or processed meats like bacon or sausages, which are not so good for our hearts.



Myth #5: Just Choose Items Low In Fat!

- Our body needs fat to synthesize fat-soluble vitamins such as vitamin A, D, E, and K.
- 20-35% of total calories should consist of fat.
- Research has suggested that dairy need not be stripped of its fat. Some studies have indicated full-fat sources may not play a role in CVD-related deaths, and might even be protective in some cases.
- Certain types of dairy fat were still correlated with an increased overall risk of death.
 - Eating high-fat dairy, like butter, has also been associated with an increased risk of dementia.
 - A little butter on toast is likely fine, but more than a tablespoon a day may still be risky.
 - Using butter as your main cooking fat is still not advisable.



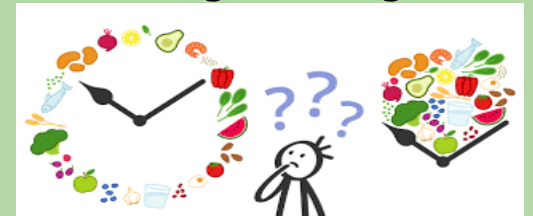
Myth #6: Protein Is Bad for the Kidneys

- There is simply no evidence linking a high-protein diet to kidney disease in healthy individuals or those who are at risk of kidney disease due to conditions such as obesity, hypertension or even type 2 diabetes
- The Academy of Nutrition and Dietetics recommends that the average individual should consume **0.8 grams of protein per kilogram** of body weight per day for general health.
 - A person that weighs 75 kg (165 pounds) should consume an average of 60 grams of protein per day.
- As we age, we need to increase our protein intake. Around 50 years of age, we need to increase the protein in our diets to **one gram per kilogram of our body weight to maintain muscle mass.**
- People that exercise regularly also need to eat more protein than the recommended daily intake.
- In general, it is recommended that **10-35 percent of your daily energy intake comes from protein.**



Myth #7: Intermittent Fasting Is a Great Way to Lose Weight!

- When you dramatically reduce your calorie intake, you will lose weight.
- May cause health problems, including muscle loss.
- When you start fasting, your body goes into conservation mode, burning calories more slowly.
- The initial weight lost on a fast is primarily fluid or "water weight," not fat.
- When you go back to eating, any lost weight usually is regained.
- Not only do most people regain weight lost on a fast, they tend to add a few extra pounds because a slower metabolism makes it easier to gain weight.
 - The weight that is regained is likely to be all fat.



Myth #8: Apple Cider Vinegar Is the Answer To All My Problems

Possible Benefits

- Many people attribute apple cider vinegar's health benefits to the "mother," which are the fermented solids found at the bottom of the bottle.
 - The mother acts as a probiotic.
- All in all, the probiotics, acetic acid, and the nutrients in ACV are responsible for its health benefits.
- ACV won't cure diabetes, but it may moderately lower blood glucose levels. It won't take the place of any medications for diabetes, but moderate use may be a safe addition to a diabetes treatment plan (as long as you don't have kidney disease).



Myth #8: Apple Cider Vinegar Is the Answer To All My Problems

Apple Cider Vinegar WILL NOT:

- Control high blood pressure
- Cure cancer



Myth #8: Apple Cider Vinegar Is the Answer To All My Problems

Keep In Mind:

- The acid in apple cider vinegar may erode your teeth enamel. You may want to guzzle some water after drinking it.
- Acidic foods or liquids like vinegar may exacerbate acid reflux.
- If you have chronic kidney disease, your kidneys may not be able to process the excess acid that comes along with drinking apple cider vinegar.



Myth #9: The Best Way to Lose Weight Is To Just Eat Less

- As discussed before, extreme nutrient deficiency can lead to a decreased metabolism, which leads to a decrease in calories burned
- Consume a MINIMUM of 1200 calories/day (you are in starvation mode if you are below this)
- Consume a MINIMUM of 130 g carbohydrates/day
- Calorie needs differ based on age, height, sex, weight, and activity level
- Sleep, stress, and overtraining may lead to weight gain or an inability to lose weight due to increased inflammation
- Hormones may play a role and other factors
 - Get your blood drawn EVERY year
 - Check your thyroid levels



Signs You Need to Back Off on Calorie Restriction

- Excessive hair loss
- White specks on nails
- Sleep issues
- Fatigue
- Headaches
- Lightheadedness/dizziness
- Constantly hungry
- Infertility
- Irritability
- Feeling cold often
- Constipation
- Anxiety
- Getting sick more often
- More bone injuries/fractures/decreased bone density

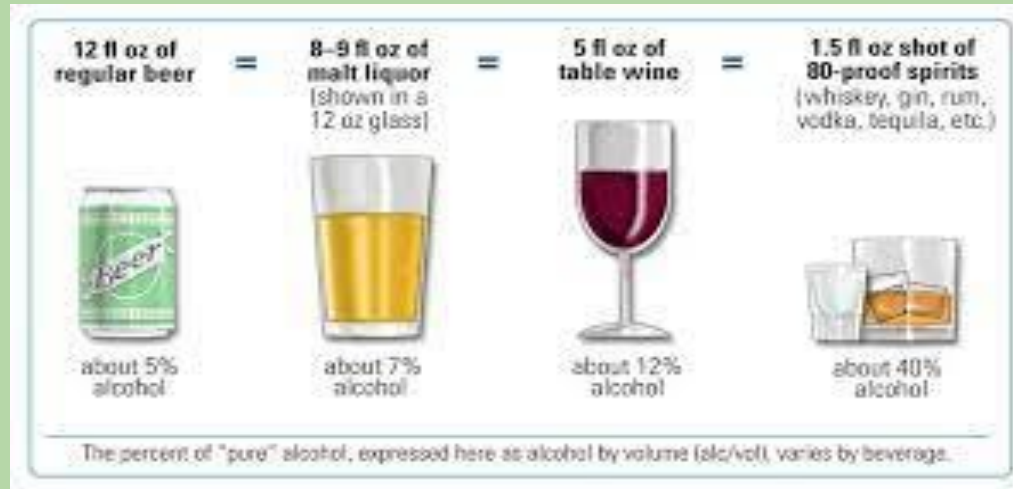


Alcohol

<https://health.clevelandclinic.org/busting-6-drinking-myths/>

Fact: Alcohol contains 7 calories per gram.

Moderate Drinking: 1 drink/day for women and 2 drinks/day for men



Coffee

The Good News

- Coffee contains caffeine which is a stimulant. It can enable people to feel more alert and help them to be more active, leading to weight loss.
- Drinking coffee increases your fluid intake by the same amount as drinking water, which might make it easier for those who love coffee but dislike water to keep their fluids up.
- Drinking coffee during the afternoon or after dinner can help to reduce cravings for snacks or sweets, by filling the stomach and suppressing the appetite, without the addition of calories.
- Coffee might also stimulate your metabolism by increasing your rate of thermogenesis (how your body burns calories to create heat and energy).
 - Only a slight increase and studies have not shown it to have a very large effect on weight loss



Coffee



The Not So Good News

- **How Coffee Can Harm a Diet**
- When you drink too much coffee, the caffeine can increase stress levels which might lead to overeating.
- Coffee can promote insomnia, which might also lead to a higher consumption of calories.
- Milk and cream are also very high in saturated fat, which not only contributes calories but is also dangerous for your health. Too much saturated fat can lead to heart disease.
- The effects of coffee on weight loss don't seem to be enough to radically cause people to gain or lose weight. The best advice is to consume coffee in moderation if desired, and to be aware of the effects it has on you, in order to take advantage of them.

Safe Caffeine Consumption:

- Adults: 400 mg or less/day (4 cups coffee, 10 cans soda, 2 energy drinks)
- Teens: <100 mg/day (1 cup coffee, 1-2 cups tea, 2-3 sodas)