

Walk **NEBRASKA**

Common Nutrition Myths

Myth: Eating carbohydrates makes you fat.

Fact: Many foods high in carbohydrates like bread, rice, pasta, cereals, beans, fruits, and some vegetables (such as potatoes and yams) are low in fat and calories. They become high in fat and calories when eaten in large portion sizes or when covered with high-fat toppings like butter, sour cream, or mayonnaise. Foods high in carbohydrates are an important source of energy and other nutrients including fiber.

Myth: Following a fad diet occasionally is OK.

Fact: You may experience temporary weight loss on a fad diet, primarily because you eat less food. However, many fad diets are low in nutrients or entire food groups that are necessary for good health. Once the novelty wears off, so does the motivation to continue. Making healthy food choices, eating moderate portions, and building physical activity into your daily life are the best ways to lose weight and keep it off.

Myth: Skipping meals helps you lose weight.

Fact: Studies show that people who skip breakfast and eat fewer times during the day tend to weigh more than people who eat a healthy breakfast and eat four or five times a day. This may be because people who skip meals may feel hungrier later on, and eat more than they normally would. It could also be that eating a number of small meals throughout the day helps people control their appetite.

Sources:

Weight Control Information Network: Weight Loss and Nutrition Myths.

<http://win.niddk.nih.gov/publications/myths.htm>

International Food Information Council: FAD DIETS: Look Before You Leap.

<http://www.ific.org/foodinsight/2000/ma/faddietsfi200.cfm>

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