

Learn To Tell Fact From Diet Myth

Tallahassee Democrat

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Fact or Myth:

- Eating too many carbohydrates causes weight gain.
- It's easy to spot whole-grain foods: They're brown.
- Diabetes is caused by eating too much sugar.

These are all myths. We are blasted by unscientific suggestions about what to eat and drink. Friends are great sources of **UNRELIABLE** information. Print and media ads that want us to spend our money on special foods or supplements or exercise plans are often sources of poor information that may not only take our money, but can jeopardize our health.

During National Nutrition Month® the American Dietetic Association (ADA) is urging consumers to look beyond the myths of nutrition and focus on the facts. For this year's theme, *Nutrition: It's a Matter of Fact*, ADA has identified the following facts as crucial for planning healthy lifestyles:

1. Eating right doesn't have to be complicated. Use <http://mypyramid.gov> or <http://mypyramid.gov/kids> to develop a personalized eating plan.
2. Before making any changes to your diet, be sure the information is based on scientific fact.
3. Balance physical activity and healthy eating in order to manage weight and promote overall health and fitness.
4. Foods aren't good or bad. Think of them as "nutrient rich." Choose lower calorie foods, loaded with nutrients, like vitamins, minerals and fiber most often.
5. Look at the big picture: No single meal makes or breaks a healthful diet. Focus on the total diet for healthy eating.
6. Prepare, handle and store foods properly to prevent food-borne illness.
7. Don't become a victim of food myths and misinformation that may harm rather than benefit your health.
8. Make smart food choices by reading food labels.
9. Choose foods with healthy fats. Polyunsaturated and monounsaturated fats help keep cholesterol levels low.
10. Choose qualified professionals to provide accurate nutrition information. In Florida, there are three credentials that allow people to legally practice as a nutrition or dietetics professional: Registered Dietitian (RD), Licensed Dietitian/Nutritionist (LD/N) and Licensed Nutrition Counselor (LNC).

Sources: <http://www.eatright.org>
<http://solutionsforyourlife.ufl.edu>