

Nutrition Myths Fact or Fiction?

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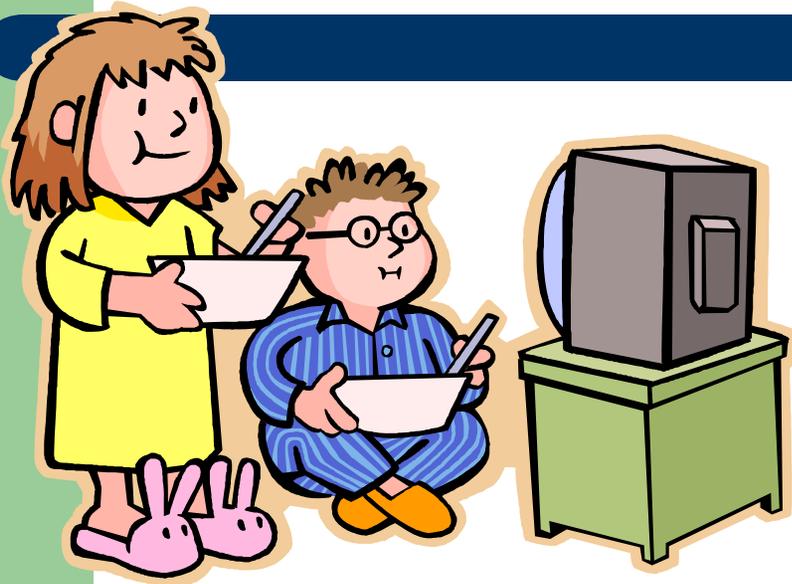
Question #1

True or False

Eating after 8 pm causes weight gain



False



- Calories In = Calories Out
- Calories & Quantity of Food Matters
- Be careful of mindless eating

Tip #1

If you want a snack in the evening, portion it out right after dinner.

Healthy options

- Fruit and yogurt
- Pretzels and low fat dip
- High fiber cereal & skim milk
- Ice cream cone (single scoop)



Question #2

True or False

Fresh fruits & vegetables are more nutritious than frozen



False

- Frozen fruits and vegetables are often more nutritious than fresh
- Frozen produce are blanched and frozen within hours of being picked during their peak time of freshness and nutrition.

Tip #2

- Fruits & Veggies...More matters
- Minimum recommendations is 4 ½ cups a day
- Fresh, frozen, sliced, steamed, raw, dried, canned ... its all good
- Buy different forms and varieties and have at least a serving at every meal.

True or False



High protein low carbohydrate diets are a healthy way to lose weight?

False

Caution: Eating fewer than 130 grams of carbohydrates is not recommended for health and could lead to serious medical problems.

Increase risk for:

- High cholesterol
- Osteoporosis
- Constipation, diverticulitis
& diseases of the colon
- Gout



Tip #3

Use the Plate Method Approach



Fruit



Vegetables



Starch



Meat, fish, poultry



Skim Milk

Question #4

Which of these best describes when you should stop eating during a meal?

- While you are still hungry
- When you are satisfied
- When your plate is empty
- When you need to unbuckle your belt

Answer

When you are satisfied!

It takes about 20 minutes for your stomach to communicate with your brain that you have had enough to eat.



Tip #4

- Learn to reconnect with your body



“Eat when you are hungry
Stop when you are
satisfied

Eat what you want

In full vision of others...”

Geneen Roth

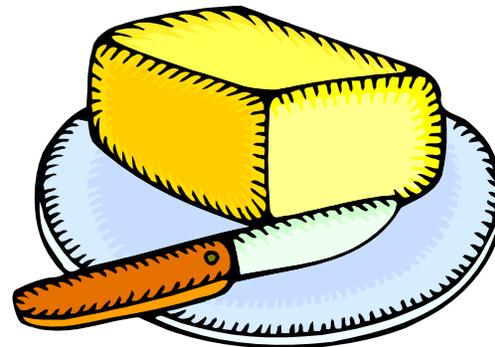
Question #5

Which product has more calories per serving

A. Butter

B. Margarine

C. Oil



Answer

- They are all the same
- Per serving each has approximately 100 calories per tablespoon
- The difference is in the type of fat



Tip #5

- In most cases less fat is best
- The more solid a fat at room temperature, the more saturated the fat
- Limit and/or avoid foods that are made with trans fatty acids (hydrogenated fats)
- Best oils to use are monounsaturated oils: olive or canola oil, trans fatty acid free margarine

Tip #5

- Be a label reader: especially for type of fats

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g ←	10%
Trans Fat 3g ←	
Cholesterol 0mg	→ 0%

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 60	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g ←	5%
Trans Fat 0.5g ←	
Cholesterol 0mg	→ 0%

Question #6

True or False

Certain foods, like grapefruit, celery, or cabbage soup, can burn fat and help you lose weight.



Answer #6

- False
- No food can burn fat
- Some foods with caffeine may speed up your metabolism for a short time but do not cause weight loss

Tip #6

- Ways to increase metabolism as you age
 - Eat regular low fat high fiber meals
 - Become more physically active
 - Lift weights at least twice a week



Question #7

Natural or herbal weight loss products are safe and effective



Answer #7

- Any product that claims “natural” or “herbal” is not necessary safe
- These products may not be scientifically proven that they are safe or that they work
- Newer products that claim to be ephedra free may contain similar ingredients and be just as harmful

Tip #7

- Talk to your health care provider before using any weight loss product
- Give up the idea that supplements are immediate solutions to weight loss or other health care problems
- Look for products labeled with voluntary USP (U.S. Pharmacopeia) or NF labels

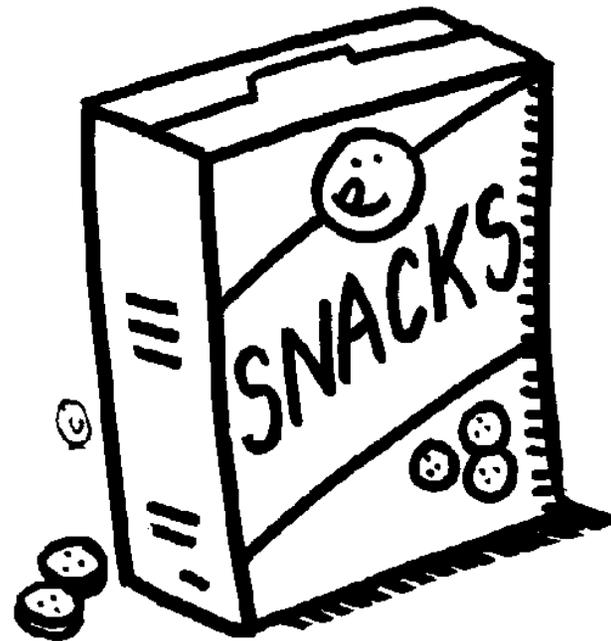
Question 8

True or False

Snacking is not good for you and should be avoided if you want to lose weight.

False

Snacking helps control hunger and control portions and may reduce your calorie intake at meals.



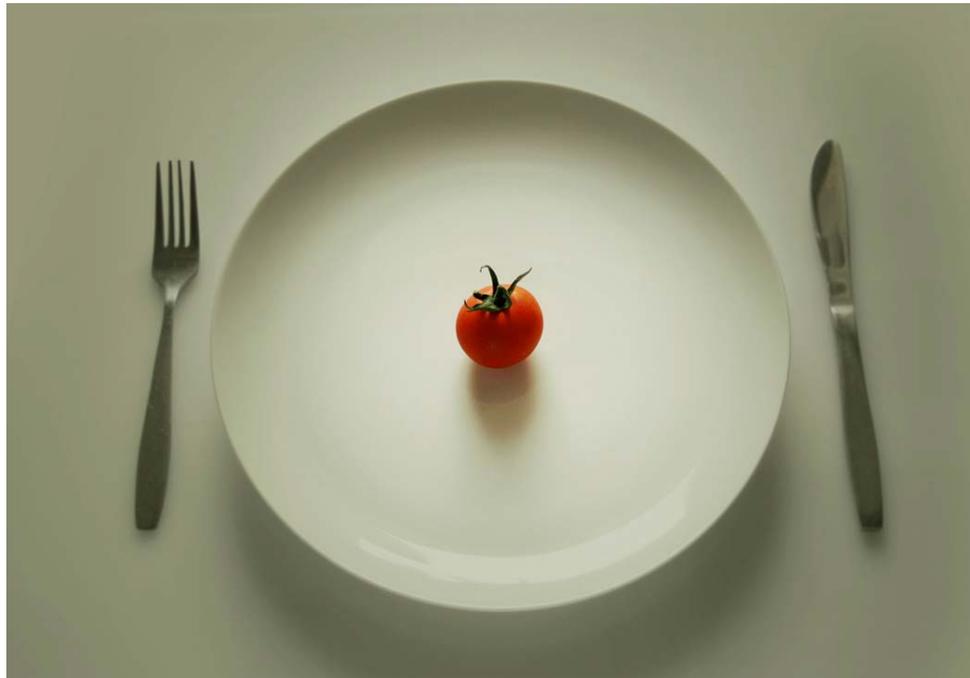
Tip #8

- Have snacks between meals if hungry or meal spacing is over 4-5 hours
- Recommended to have snacks between 100-200 calories, over 3 grams of fiber and/or less than 3 grams of fat



Question #9

How many inches has the size of our dinner plate increased from 1963 to 2004?



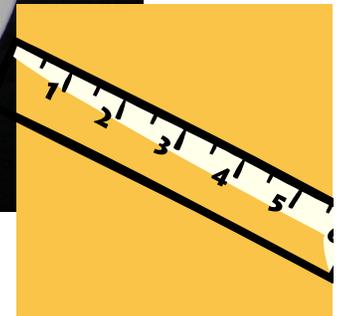
Answer
3 inches



1963 810 calories



2004
1870 calories



Tip #9

- Use smaller plates
- Order from the appetizer plate
- Share a meal



Question #10

True or False

Nearly 40% of adults and 20% of fourth graders who live in Texas are either

- overweight or
- obese



False

- Nearly 42% of 4th graders are overweight or obese
- 70% of overweight children become overweight as adults
- Nearly 66% of adult Texas are overweight or obese



Tip #10

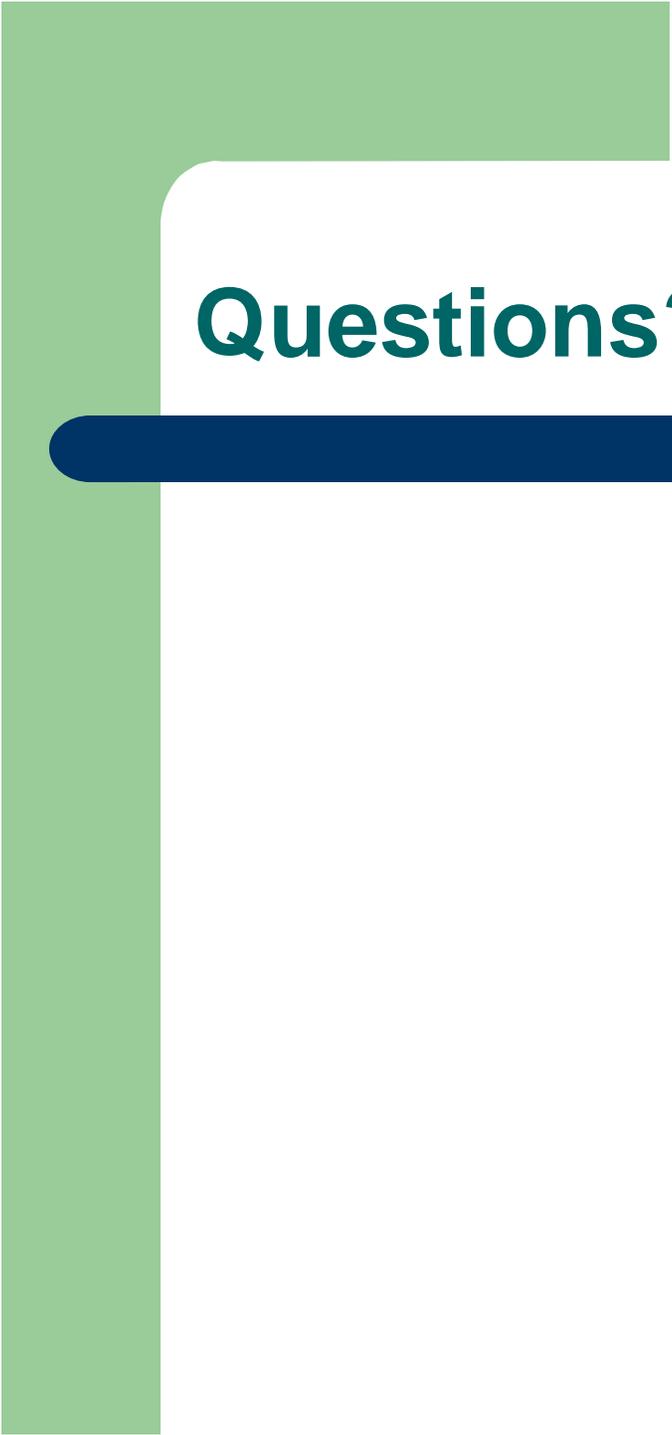
- Become a role model
 - Exercise
 - Include more fruits and vegetables
 - Decrease intake of sugar sweetened beverages
 - Eat less fat
 - Decrease portion sizes

“Bringing Healthy Back”

Helping with socio environmental change to implement evidence-based interventions to increase activity and nutrition

Evidenced based programs

- Promote and encourage community based gardens, & increased farmers markets
- Safer routes to school and increased biking and walking trails
- Promoting breastfeeding in the working place
- Decreased screen time (television, computers)
- Decreased availability of sugar sweetened beverages
- Decreased availability of energy dense foods (changes in vending machines, cafeterias etc.)



Questions?

