

Don't Ever Eat a Potato (and other nutrition myths)



Where do you get your nutrition advice?

- Oprah
- Oprah's cook/trainer/best friend
- The vitamin/health food store
- Infomercials
- Magazines
- Your daughter or friend
- Your doctor
- A Registered Dietitian

Why do you listen to that advice?

- I trust Oprah
- I trust Oprah's cook/trainer/best friend
- I trust the guy at the vitamin/health food store
- Infomercials always tell the truth
- A magazine would never print something that's not true
- I trust my daughter/friend
- I trust my doctor

Why is there so much incorrect nutrition information out there?

- Those who report on nutrition information don't know how to correctly interpret the information
- Sound bites can't tell the whole story
- Those who think they know about nutrition may not really know about nutrition
- Those who are talking about nutrition are trying to sell a product (book, vitamins, cookware, etc etc etc).

Warning

- The advice you are about to receive applies to healthy adults
- Those with specific medical conditions may have different nutrition needs

Good Nutrition Advice

Comes from a source you can trust like:

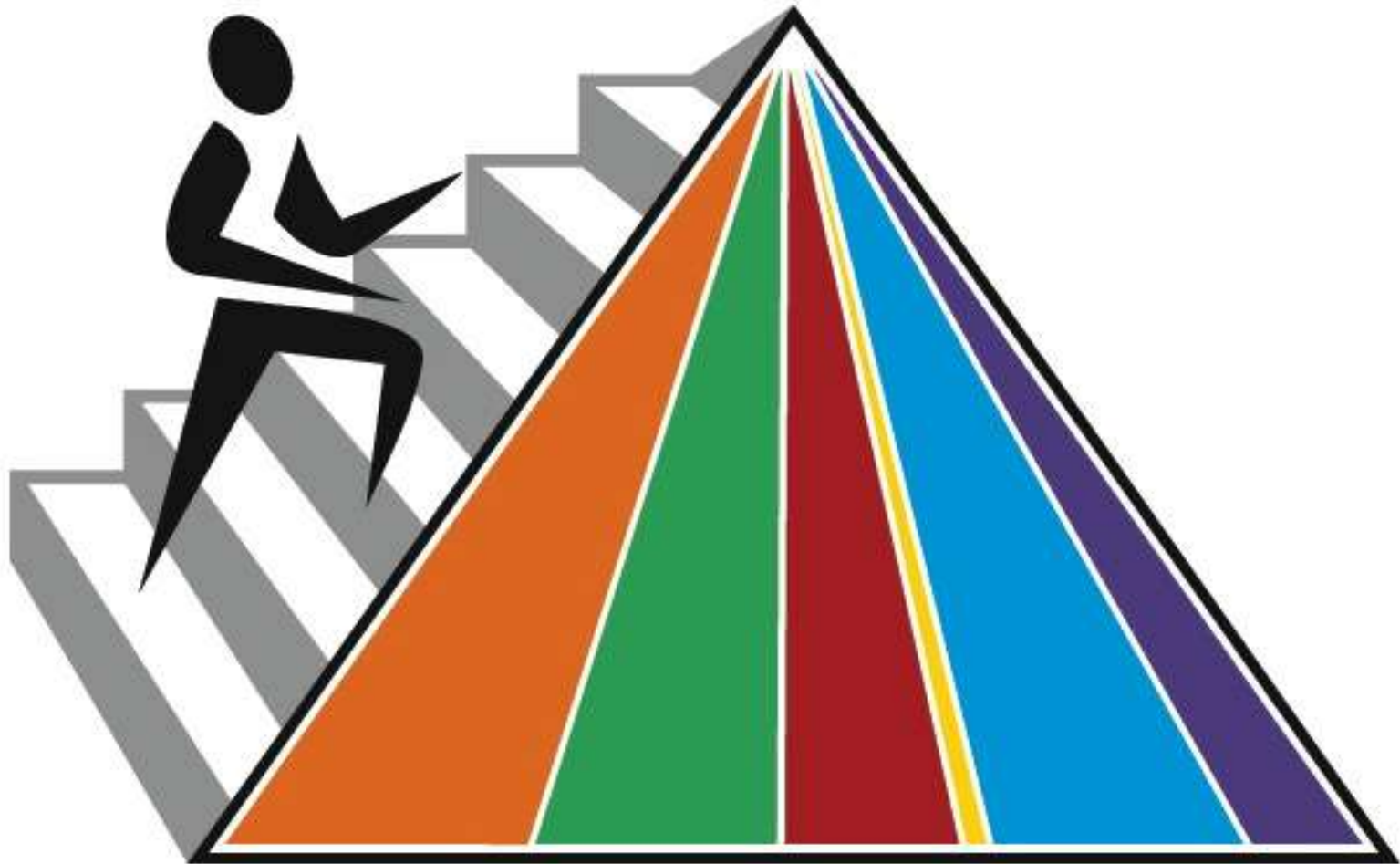
Registered Dietitian

American Heart Association

American Diabetes Association

Food Guide Pyramid

Mayo Clinic



MyPyramid.gov
STEPS TO A HEALTHIER YOU

GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta

VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweetpotatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

FRUITS

Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

MILK

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2½ cups every day

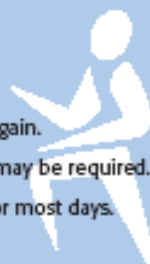
Eat 2 cups every day

Get 3 cups every day;
for kids aged 2 to 8, it's 2

Eat 5½ oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
April 2005
CNPP-15



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You Should Never Eat A Potato

- True
- False



You Should Never Eat A Potato

- FALSE
 - Potatoes are not “fattening”. It’s the butter and sour cream that you add that makes them high in calories
 - Potatoes are a good source of Vitamin C, potassium, and fiber
 - Potatoes are inexpensive, delicious, and can be prepared many healthy ways

You shouldn't eat after 8 PM or you will gain weight

- True
- False

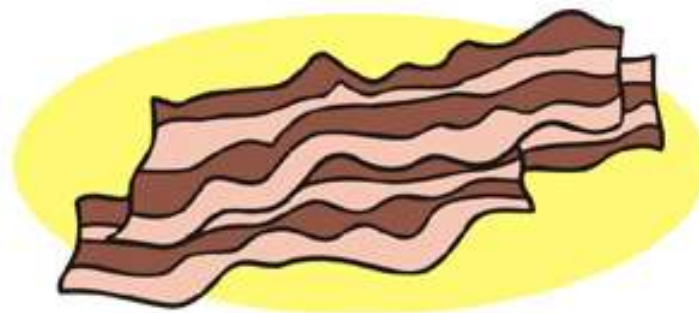


You shouldn't eat after 8 PM or you will gain weight

- FALSE (unless you are an admitted night eater)
 - Eating at night is not unhealthy and does not make you fat (as long as you aren't eating too many calories throughout the day)
 - There is no “magic” time to stop eating at night to help lose weight.

Pork is bad for you

- True
- False



Pork is bad for you

- FALSE
 - Yes, many pork products are high in fat and/or salt (bacon, sausage, etc)
 - Many pork products are lean and low in salt
 - Choose pork tenderloin or well-trimmed pork chops
 - Any food that you enjoy can be eaten in small amounts, every now and then

Health Foods are Better for You

- True
- False

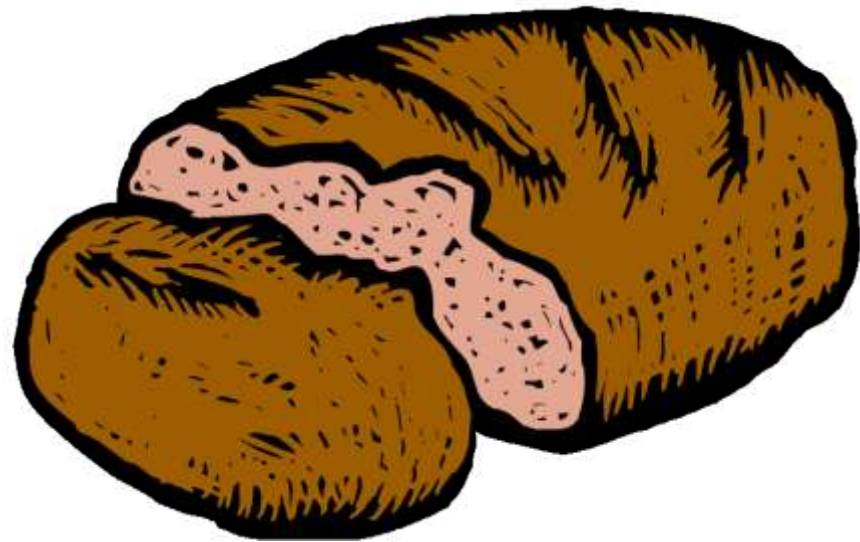


Health Foods are Better for You

- FALSE
 - There is no real definition of “health” foods
 - “Health” foods can be just as high in calories, fat, and salt as other foods and are often more expensive
 - Commonly used terms include “health” foods, “natural” foods, and “organic foods”
 - Only organic foods have labeling guidelines and are defined by the FDA

A low carbohydrate diet is the best way to lose weight

- True
- False



A low carbohydrate diet is the best way to lose weight

- FALSE
 - Your body needs carbohydrates to work correctly
 - Low carb diets can restrict carbohydrates to a dangerous level
 - Choose carbohydrate sources from fruits, vegetables, and whole grains when possible
 - Include at least 3 servings of whole grains into your diet each day

You need 8 glasses of water each day for good health

- True
- False

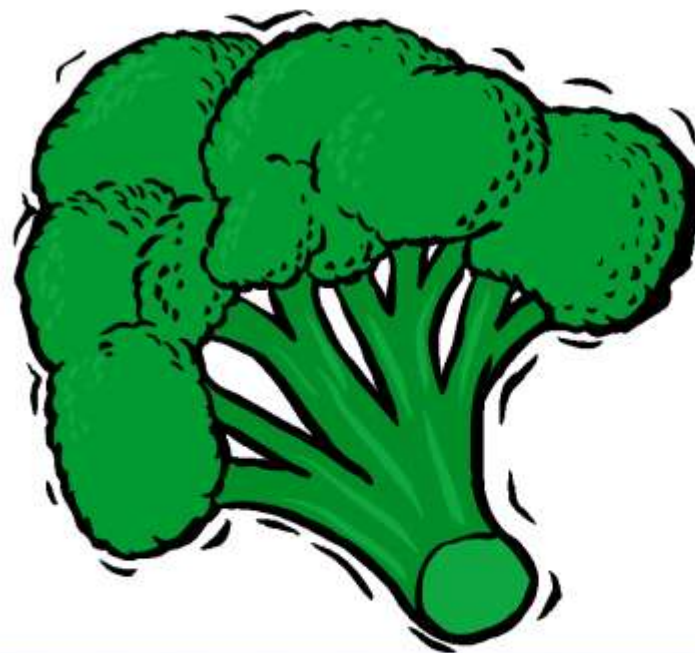


You need 8 glasses of water each day for good health

- FALSE
 - Fluid needs vary from person to person
 - Coffee, tea, milk, and juice count toward your fluid needs
 - Drinking water is not a “magic bullet” for weight loss

Fresh foods are always healthier than frozen or canned

- True
- False



Fresh foods are always healthier than frozen or canned

- FALSE
 - Fresh foods may lose nutrients while sitting in the grocery store (or your refrigerator)
 - Frozen foods are usually flash-frozen shortly after harvest and retain the most nutrients possible
 - Canned foods are often processed quickly and retain most of their nutrients
 - Canned and frozen vegetables can be good choices

It's OK to eat salt if you cut back on fat

- True
- False



It's OK to eat salt if you cut back on fat

- FALSE
 - The Dietary Guidelines 2005 recommend that all Americans reduce their sodium intake to ~2300 milligrams daily (one tsp salt).
 - Those with some known heart problems including congestive heart failure should eat less

If I take vitamins I don't need to worry about what I eat

- True
- False

If I take vitamins I don't need to worry about what I eat

- FALSE
 - Foods contain more than just vitamins and minerals
 - Components of foods (things that aren't in vitamin pills) have been found to have health-promoting features
 - You should try to get your nutrition from “foods first” and take a multivitamin for extra protection

Avoiding fat will help me lose weight

- True
- False



Avoiding fat will help me lose weight

- TRUE
 - Fat has more calories than protein and carbohydrate so cutting back on fat will also help you cut back on calories.
 - To maintain good health, eat less fat from all sources. Most of the fat you eat should come from fish, nuts, and vegetable oils.

**What myth do you
want to know about?**



The science of nutrition

- Is much more complicated than it seems to many people
- Requires knowledge of anatomy, physiology, and digestion
- Does not change without sound research to support changes

Can you trust what you read about nutrition?

- Yes..if:
 - It is written by a Registered Dietitian
 - It quotes sources like MyPyramid, the Dietary Guidelines, or other Registered Dietitians
 - It recommends variety, moderation, and exercise as keys to good health

Can you trust what you read about nutrition?

- Not necessarily, if...
 - Its primary reason is to sell a product
 - Its authors are “nutritionists” or “nutrition counselors”
 - It doesn’t quote government sources or registered dietitians
 - It recommends “fad diets”, megadoses of supplements, or fasting

You can trust a registered dietitian for good advice

- We have years of training
- We are required to earn CPE's to maintain our education
- We know how to interpret the nutrition research
- We usually aren't trying to sell you a product

Before you believe everything you hear about nutrition

- Question the source
- Ask yourself if it seems logical
- Ask yourself if it means giving up a food you love



**Thanks for your
attention**

Visit:

[MyPyramid Tracker](#)

[HealthierUS School Challenge](#)

For sound nutrition information