

NUTRITION MYTHS

Jackie Amende MS, RDN, LD
Family & Consumer Sciences Extension Educator

University of Idaho
Extension

1

DIET CLAIMS ARE EVERYWHERE!

Internet is a **BIG** culprit!

Objective: Discuss why these 3 claims are **NOT** true!

1. Fad diets will help me lose weight and keep it off.
2. Avoid grains like bread, pasta, and rice at all times, especially when trying to lose weight.
3. If I stop meals, I can lose weight.

2

MYTH #1: FAD DIETS WILL HELP ME LOSE WEIGHT AND KEEP IT OFF.

A fad diet is a diet that promises quick weight loss through what is usually an unhealthy and unbalanced diet. Typically, it causes for extreme restrictions that can't be maintained after the diet.

3

WHAT TO DO INSTEAD:

MODERATION
VARIETY
BALANCE

ChooseMyPlate.gov

4

Grain Anatomy
WHOLEGRAINSCOUNCIL.ORG

MYTH #2: AVOID GRAINS LIKE BREAD, PASTA, AND RICE AT ALL TIMES, ESPECIALLY WHEN TRYING TO LOSE WEIGHT.

- Grains play an **IMPORTANT** role in your body!
- Primary source of energy
- No carbs = fatigue = eventual starvation
- Can actually help you *lose* weight
- Whole grains vs. refined grains

5

**WHAT TO DO INSTEAD:
CHOOSE WHOLE GRAINS.**

Look for "Whole Wheat Bread"

Read the first ingredient of the ingredient list - "Whole"

Fiber goal: 3 g per slice


Note:
Always check your multigrain and nut breads.

6

MYTH #3: IF I SKIP MEALS, I CAN LOSE WEIGHT.

- May result in weight **GAIN**
- Evidence says, meal skippers are more likely to be overweight.

7



**WHAT TO DO INSTEAD:
PREP YOUR TO-GO MEALS**

8


The Hunger Scale

| | | | | | | | | | |
|---------------------------------|--|--|--------------------------|---|---------------|------------------------|-----------------|-----------------------------------|-----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Starving and feeling weak/dizzy | Very hungry, irritability, low energy, large amounts of stomach growling | Pretty hungry, stomach is beginning to growl | Beginning to feel hungry | Satisfied, moderate hunger, pleasantly full, not full | Slightly full | Slightly uncomfortable | Feeling stuffed | Very uncomfortable, stomach aches | So full you feel sick |

**WHAT TO DO INSTEAD:
HAVE A SCHEDULE & USE THE HUNGER SCALE**

9

FOOD IS ESSENTIAL FOR LIFE



**THEREFORE,
MAKE IT GOOD.**

QUESTIONS?

10