

# NUTRITION MYTHS

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**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.

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**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.

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WHAT TO DO INSTEAD:

MODERATION  
VARIETY  
BALANCE

ChooseMyPlate.gov

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**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

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**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.

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**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.

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

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**The Hunger Scale**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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**

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**FOOD IS ESSENTIAL FOR LIFE**



**THEREFORE,  
MAKE IT GOOD.**

**QUESTIONS?**

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## ADULTING 101 SERIES

### JANUARY: NEW YEAR NUTRITION

#### Reading List:

- *Food Rules*, by Michael Pollan
- *Eating Well for Optimum Health*, by Andrew Weil, M.D.
- *101 Questions about Food and Digestion*, by Faith Hickman Brynie
- *The Secret Life of Fat*, by Sylvia Tara, PhD
- *Foodist*, by Darya Pino Rose, PhD
- *Healthy Eating*, by Lori A Smolin, PhD and Mary B. Grosvenor, M.S., R.D.
- *In Defense of Food*, by Michael Pollan
- *Magic Foods for Better Blood Sugar*, by Reader's Digest
- *Complete Food and Nutrition Guide*, by American Dietetic Association
- *Foods that Harm Foods that Heal*, by Reader's Digest

#### Helpful Web Resources:

##### Updated food chart:

<https://www.choosemyplate.gov/>

##### Whole Grains Nutrition Information:

<https://wholegrainscouncil.org/>

*For more information on how to find these resources, visit the Information desk or book an appointment with a librarian or tech tutor!*

## Mindful eating

Try to keep quite during the exercise and focus all of your attention on the chocolate. Approach the exercise with an open mind and a gentle curiosity.

- Pick up your wrapped chocolate but don't unwrap it yet.
- Place it in the palm of your hand and notice the colors and shapes on the package. Feel the weight of it in your hand.
- Pretend like you have never seen a wrapped chocolate bar before and examine it closely.
- Touch the packaging with your fingers and feel the texture. Pay attention to any sound the wrapper makes. Examine the wrapper noticing all of the colors. Look at the different sides of the chocolate wrapper and notice any place that the light reflects off the package, any shadows.
- If your mind starts to wander and think about other things, that's ok. Notice the thoughts and bring your attention back to the chocolate.
- Now begin to slowly open the wrapper. Listen for the sounds of the wrapper tearing. Notice the movement of your hand, fingers, and arm muscles as you open the chocolate.
- You may hear other people or other noises in the room. Notice the sounds and bring your attention back to the chocolate.
- Raise the chocolate to your nose and smell the chocolate. Slowly breathe in several times and focus on the different smells. Does smelling the chocolate trigger anything else in your body?
- Is your mouth watering? Are you having any thoughts, "Hurry up and let me eat the chocolate!" "What's taking so long?" If so, notice them and bring your attention back to smelling the chocolate.
- Now slowly take a small bite of the chocolate, but do not chew it or swallow it. Notice the feeling and taste of the chocolate in your mouth. How does it feel as it melts? Notice the taste and sensations of the chocolate on your tongue. Move the chocolate around in your mouth. Try to notice the moment where you feel like you want to swallow. Slowly swallow the chocolate, focusing on the sensations. Notice any lingering tastes or sensations.

How was this different from your normal way of eating chocolate?

What did you notice during the exercise?

Any thoughts about how these principles might apply to eating or other areas of your life?