

# NUTRITION MYTHS & FAD DIETS

Food Journaling



**#1 LOW CARBOHYDRATE, HIGH  
PROTEIN DIETS**

## ○ Low Carbohydrate Diets

- High in protein
- <20 grams of carbs/day (slice of bread)
- Slowly incorporate carbs over 6wks+
- Rapid initial weight loss

## ○ USDA Eating Plan

- ~60% of calories from carbs (~130g/day)
- ~25% from protein (~60/day)
  - 1 cup of beans has 15g, 8oz steak has 39g
- ~15% from fat (~45g/day)
  - 1 cup of beans has 1g, 8oz steak has 35g



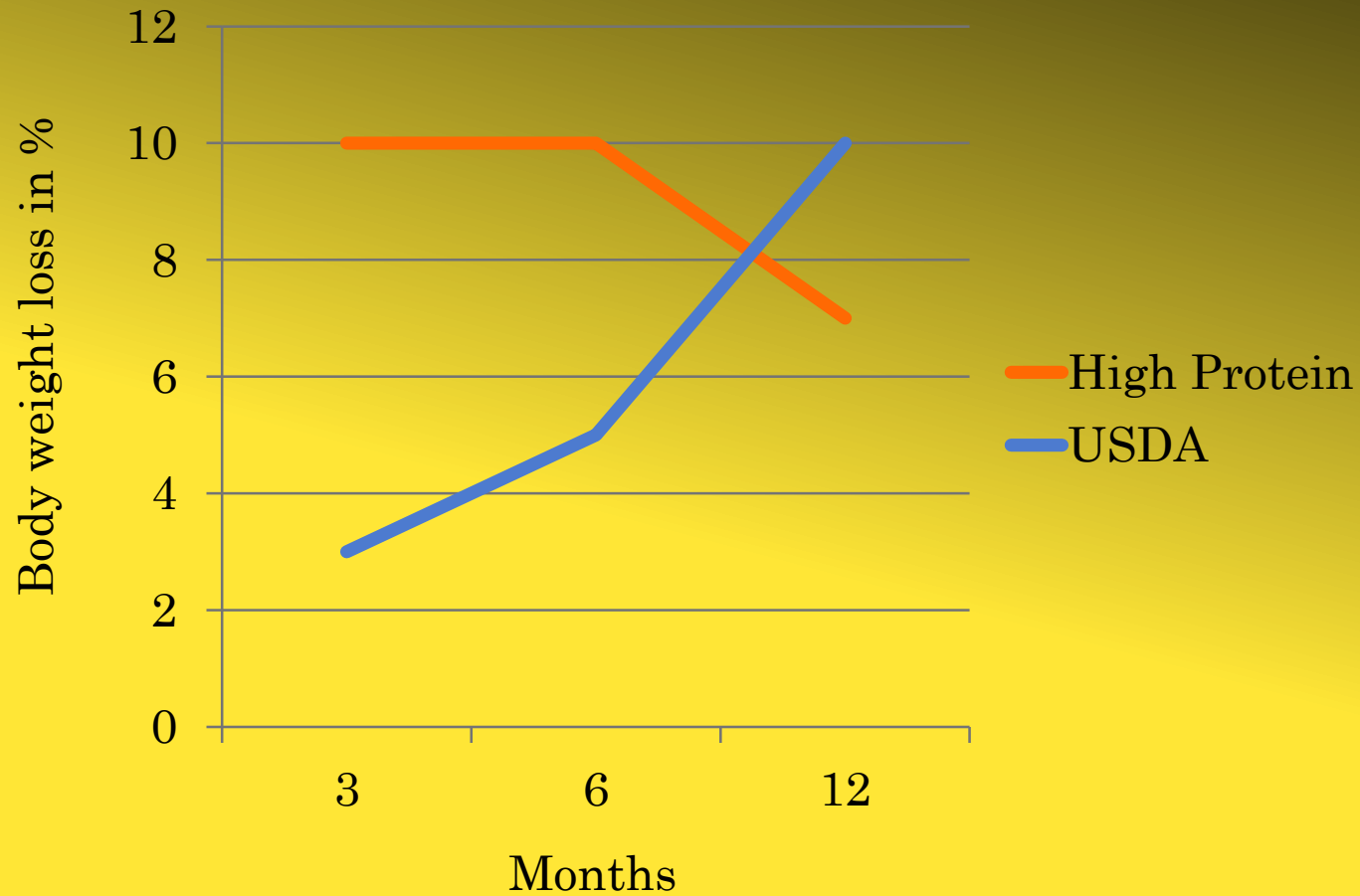
- How High Protein Diets work:
  - Weight loss occurs through:
    - Water loss
      - In order to excrete excess protein it takes 1.5g H<sub>2</sub>O/1g Protein
    - Muscle loss
      - Lack of carbohydrate/adequate calories as fuel source leads to breakdown of some muscle.
    - Fat stores
      - All diets have some calorie restrictions which lead to fat stores utilized as energy.



- High Protein advocates claims against carbohydrates.
  - Carbohydrates stimulate insulin
    - Insulin, in turn, stimulates weight gain.
  - No distinction between types of carbohydrates
    - White bread and 100% whole wheat breads affect the body the same.



# HIGH PROTEIN DIETS VS. USDA GUIDELINES



# FAD DIET & EXERCISE RED FLAGS

## Diet

- Eat anything you want



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- Doesn't include all three nutrients: protein, fat, carbs.



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- Uses “miracle”, “secret”, “scientific”, etc to describe itself.
- Appears in an advertisement
- Has non food items included in the diet
- Doesn't include all three nutrients: protein, fat, carbs.
- Has a picture of someone skinny inside a large pair of pants.



# FAD DIET & EXERCISE RED FLAGS

## Exercise

- Includes pills or supplements



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- Doesn't involve actual movement of body parts



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- Addresses only one body part



# FAD DIET & EXERCISE RED FLAGS

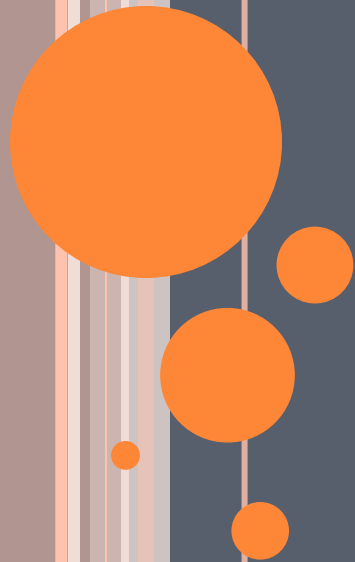
## Exercise

- Includes pills or supplements
- Doesn't involve actual movement of body parts
- Addresses only one body part
- Affects metabolism without exercise.





**#2 EATING EGGS WILL RAISE  
YOUR CHOLESTEROL**





**EATING CHOLESTEROL DOESN'T RAISE  
YOUR CHOLESTEROL LEVELS AS MUCH  
AS A DIET HIGH IN SATURATED FAT.**

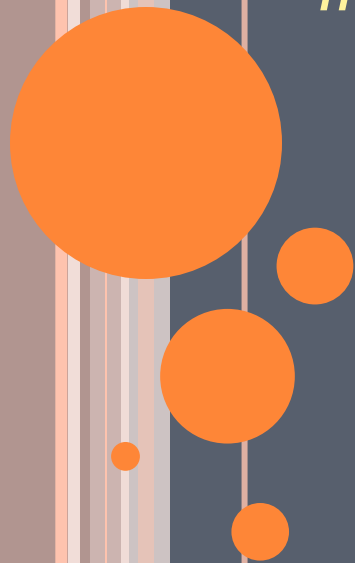
**Dietary recommendations suggest consume less than 300mg  
of cholesterol/day.**

**One egg has 200mg cholesterol.**

**8oz steak has 160mg cholesterol, but 17g saturated fat.**



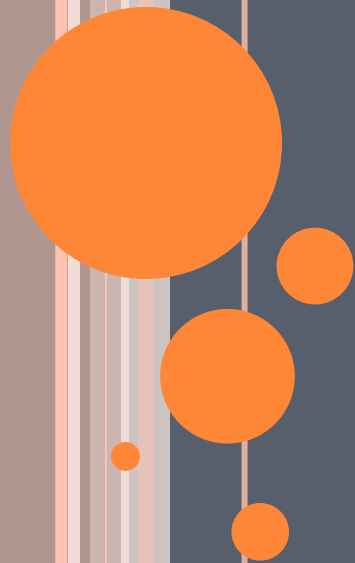
**#3 HONEY IS HEALTHIER THAN SUGAR**





HONEY IS HEALTHIER THAN  
SUGAR

**FALSE**





## #3 HONEY IS HEALTHIER THAN SUGAR

All sugars are very similar in chemical makeup. Honey and sugar have nearly the same glycemic index score

Honey has some micronutrients sugar lacks but amount consumed makes it negligible



**Original 8-ounce bottle**  
*97 calories*



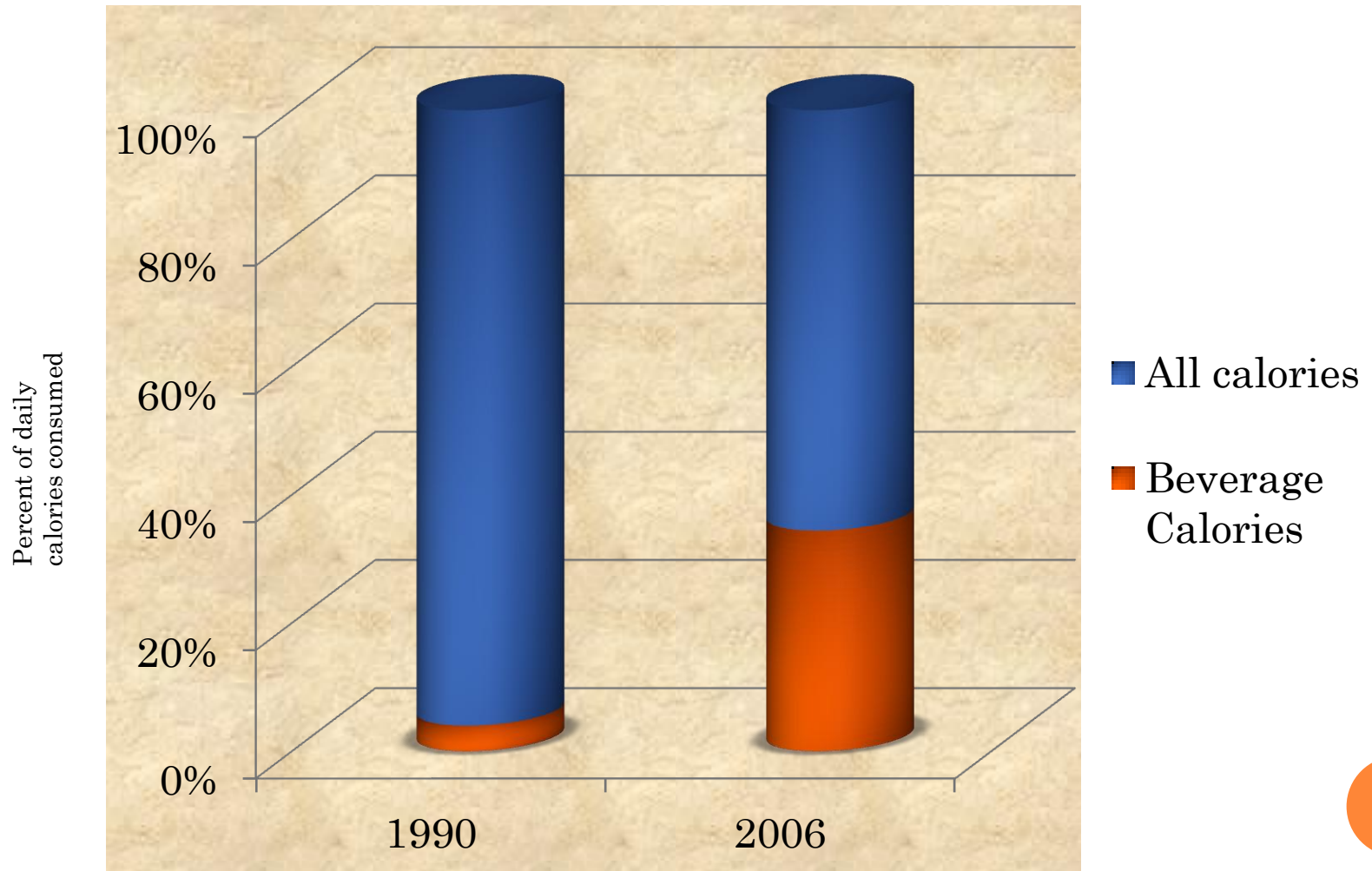
**12 ounce can**  
*145 calories*



**20-ounce bottle**  
*242 calories*

## #4 BEVERAGE CALORIES DON'T COUNT

# BEVERAGE CALORIE TRENDS 1990-2006



- Afternoon pick me up?
- 640 calories (33% of daily total)



100 calories  
4oz glass



Calorie Free Drinks

Black coffee

Tea

Water



**DAY 1**

BREAKFAST

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MID-MORNING SNACK

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LUNCH

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AFTERNOON SNACK

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DINNER

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AFTER DINNER SNACK

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**DAY 2**

BREAKFAST

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MID-MORNING SNACK

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LUNCH

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AFTERNOON SNACK

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DINNER

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AFTER DINNER SNACK

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**DAY 3**

BREAKFAST

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MID-MORNING SNACK

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LUNCH

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AFTERNOON SNACK

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DINNER

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AFTER DINNER SNACK

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Please note time and any activity while eating. Be sure to

3 Day Dietary Recall.

Record previous three days ending with current day.

Record all beverages.

Be specific with sizes (cups, ounces, inches, comparative common objects.)



# NUTRITION RESOURCES

- [Mayoclinic.com](https://www.mayoclinic.com)
- [Nutritiondata.self.com](https://nutritiondata.self.com) (nutrition calculator)
- [Myplate.gov](https://myplate.gov)

