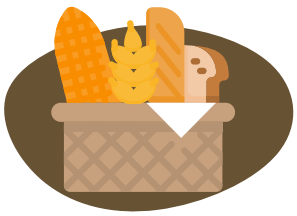
Debunking Myths with Nutrition

Sodium

Myth: Only people with high blood pressure should limit their sodium intake.
Truth: We can all benefit from less sodium. Excess sodium can cause high BP, stroke, heart and kidney disease.



Carbohydrates

Myth: Carbs should be avoided.
Truth: Carbs are our body and brain's preferred source of fuel. They also help with digestion. It is the quality and quantity of carbs that matter. Over consumption of refined carbs (sweets/added sugars/white bread) are where people go wrong.

Dairy

Myth: Dairy products, specifically cheese cause constipation.
Truth: There is no evidence that cheese has any negative impacts on bowel habits. Cheese supplies energy and protein but contains no fiber. You should balance consumption.

Fats

Myth: If a food is fat-free, it must be healthy.
Truth: We need to stop looking at Fat as the enemy, do not be fooled by marketing claims. Just because something is fat-free does not mean that it is not high in calories, sugar and sodium.

Cooking

Myth: Cooking meals at home takes way too much time.
Truth: Plan ahead, keep staple ingredients in your kitchen, and choosing simple recipes can save time through the week. You can also take short cuts by buying pre-cut veggies.