

Food Facts

Diet Myths: Understanding The Information

(NAPSA)—Each year, millions of Americans follow the latest and greatest diet trends and widely publicized information in their quest to lose weight and manage their diets. Unfortunately, many of the most common diet “truths” turn out to be false.

A recent national survey found that more than half of women are currently on or plan to be on a diet within the next one to two months, and that 96 percent of these women fall victim to believing some of the most prevalent diet myths, including:

Myth: Eating at night makes you gain weight.

Fact: Our bodies don’t metabolize food differently in the evening than at other times of the day. Weight gain has nothing to do with when we eat, but rather what we eat and how much.

Myth: Avoid high fructose corn syrup to lose weight faster.

Fact: No single food or ingredient is the cause of obesity or weight gain. High fructose corn syrup is nutritionally the same as sugar, metabolizes in the body similarly and is equally sweet with the same number of calories.

Myth: Detox from specific foods and ingredients for quick, healthy weight loss.

Fact: Experts agree that moderation is the key to a healthy diet, whereas extreme measures, such as food restriction and fasting, may do more harm than good.

Myth: High-protein, low-carb diets are best for weight loss.

Fact: A recent Harvard study shows that regardless of protein or carb levels in the diet, total calories count when it comes to weight loss.

Myth: Acai berry is the best new food for losing weight.

Fact: This so-called “superfood” promises rapid dramatic



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weight loss, but the truth is it has only been proven to be a healthy antioxidant.

“Diet myths mislead and deceive women to believe a particular ingredient or diet plan will help them lose weight,” explains registered dietitian Kris Clark, Ph.D., R.D., F.A.C.S.M., director of sports nutrition, The Pennsylvania State University, “when most of these are incorrect and can even be unhealthy.”

To demystify diet fact from fiction, Dr. Clark offers the following advice:

- Do your homework. Just because you find a lot of information about a specific diet topic doesn’t mean the information is correct. Check your references and ask questions: Is the information from a credible source or reputable health expert/organization? Is the information current? Is there scientific proof that it’s effective?

- If it sounds too good to be true, it’s probably false. Any legitimate diet strategy will provide both the pros and the cons, so you can make an informed decision with your health professional.

Find more science-based information on sweeteners at www.SweetSurprise.com.