

Total Nutrition

Food And Nutrition Myth Busters

by *Mindy Hermann, R.D.*

(NAPSA)—It is easy to find out almost anything about food and nutrition on the Internet; unfortunately, the information is not always accurate. Here are a few common food and nutrition myths and truths:

Myth: Foods made from whole grain do not taste good.



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Truth: “Foods made with whole grain flours, like cereals, breads and pastas, taste great because of their rich, nutty flavor,” says Christine Werner, Ph.D., R.D., an assistant professor at St. Louis University. “Also, whole grain foods are easier to find.”

Myth: Avoid vegetables because they may be contaminated.

Truth: “Vegetables and fruits are essential elements of a healthy diet. Use proper food handling and cleaning techniques and rinse all your vegetables and fruits in running water,” advises Dr. Werner. Remember to rinse melons and other produce with skin or rinds to prevent contamination from bacteria on the skin.

Myth: Milk allergies are very common.

Truth: “Many people mistakenly think that the bloating and gas of lactose intolerance is an allergy. Lactose intolerance is more common and occurs when the body does not produce enough lactase, an enzyme needed to digest milk,” says Ellen Mandel, PA-C, R.D., C.D.E., an assistant professor at Seton Hall University in New Jersey. “People who cannot tolerate

lactose often can eat low-fat varieties of yogurt and cheese as a source of calcium.” Finding alternative sources of calcium may also be helpful, such as Whole Grain Total, Total Raisin Bran and Total Honey Clusters, which are high in calcium.

Myth: Sugar makes people hyperactive.

Truth: “Research does not show a link between sugar and hyperactivity in adults or children,” advises Judy Dodd, M.S., R.D., L.D.N., an Adjunct Assistant Professor at the University of Pittsburgh. “Nonetheless, foods high in sugar but low in nutrition contribute empty calories and should not take the place of healthy foods.”

Myth: Food eaten in the evening turns to body fat.

Truth: “Too many calories eaten over the course of a day or week will turn into fat, regardless of the time of day,” says Dodd. “Many people are in the habit of snacking after dinner and may not realize how quickly those calories add up.”

Myth: High-carbohydrate foods are fattening and should be limited when trying to lose weight.

Truth: Many high-carbohydrate foods—bread, pasta, cereals and fruits—are low in fat and relatively low in calories. For smart weight loss, eat fewer calories, include all food groups and increase physical activity.

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Note to Editors: This is Series VI—17 of 26.