7 Nutrition Myths

The real facts about nutrition and what we should be eating.

1. **Fresh food is healthier than frozen.** Truth: frozen foods can actually be healthier than fresh. As vegetables and fruits ripen, their nutrients decrease, and their sugar content rises. During harvesting, produce is often frozen quickly, preserving their nutrients. Frozen and freezing produce can be an easy way to get more fruit and veg into you and your family’s diets.

2. **Eating eggs increases cholesterol.** Truth: eggs are rich in amino acids, and are a great easily digestible source of protein. They are also high in vitamins and minerals.

3**. Food additives are bad.** Truth: food additives are added for; preservation, colouring, and sweetening. However, many of these additives are actually naturally present in foods and are authorised as safe for consumption.

1. **Gluten is bad for you.** Truth: There are many health considerations that should be considered and for some people with medical conditions such as those with celiac disease, gluten should be avoided. Avoiding gluten can cause some nutritional deficiencies as certain nutrients cannot be absorbed into the body. Avoiding gluten may lead to lower levels of iron, zinc, fibre, and potassium, that are found within grains, resulting in increased risk for nutritional deficiencies.
2. **Light and low-fat products are for weight loss.** Truth: the word ‘fat’ is often associated with negative connotations. In fact, fats are essential to our bodies. Although low-fat and light products contain fewer calories, this is sometimes achieved by replacing it with sweeteners and sugars, it’s important to always check the labels.

7. **Carbohydrates are bad and should be avoided.** Truth: this is a common misconception, but carbs are essential and act as our bodies fuel, whilst being an important source of fibre. Not all carbs are created equal. Starchy vegetables and whole grains are great sources of carbs, as they supply glucose, vitamins, minerals, and fibre.

1. **Vitamin supplements are unnecessary.** Truth: vitamins and minerals are often forgotten about, but are essential to our bodies functioning. A lack of vitamins or minerals can have detrimental consequences, and can sometimes be difficult to get enough of in our diets. It’s important to remember that supplements are not substitutes for a healthy diet.