

MAKING SENSE OF NUTRITION SCIENCE



YOUR PARTNER IN LIFE STYLE CHANGE!

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Changing your life style one bite at a time!

Knowledge is knowing a fact,
wisdom is knowing what to do with that fact

In a world where trends, the latest fads and misinformation are overwhelming, we need to have a good understanding of nutrition. Nutrition is an essential part of healthy living and distinguishing between fact and fiction is crucial in making well informed choices.

Debunking some Nutritional Myths: Food Science 101

1. Honey is better than sugar

FALSE – Honey is similar to refined sugar.

Comparing teaspoon to teaspoon it has the same amount of calories as simple sugars! The main difference is that honey is sweeter than sugar, and we tend to use less honey to sweeten a warm drink. The nutritional content of honey is actually quite poor, and we should rather rely on fruit and vegetables to get adequate vitamins, minerals and antioxidants.

2. Fresh is better than frozen

FALSE – Fruit and vegetables are frozen at their freshest.

This helps to maintain and preserve vitamins and minerals. As fresh fruit and veggies ripen, their sugar content rises, and their nutrient content deteriorates. During transport fresh fruit and vegetables are exposed to light and air, which leads to micronutrient loss. Therefore fresh fruit and vegetables are best eaten at their freshest, but when you have limited availability to fresh produce, frozen is not an inferior option.

3. Snacking is bad

FALSE – Eating little and often is good for you!

It prevents energy dipping when blood glucose drops between meals. What you are snacking on should be the focus point. Getting it wrong means your snacks can be very high in fats and sugars. If you tend to snack on a slice of cake after work, or a highly processed/refined snack, the health benefits of snacking will be lost. Make smart choices! Rather snack on fruit, yoghurt, almonds or biltong.





4. It is better NOT to exercise in the beginning stages of your diet – to speed up weight loss

FALSE – Exercise is recommended throughout all stages of weight loss.

Fastest weight loss usually happens during the initial phase of dieting. If you start to exercise, you start to build muscle, and this will reflect on the number you see on the scale. However, it is important to maintain muscle mass and burn calories from fat. If you don't exercise, you lose muscle mass NOT abdominal fat, and your metabolism slows down.

In short: Muscle eats fat!

5. You can fix a bad diet with vitamins/minerals

FALSE – Vitamins and minerals are supplements, and are meant to be an addition to your diet.

Vitamins and minerals are significantly better absorbed from food compared to tablets. If your diet is balanced, you may not need supplements at all. This is excluding special cases e.g. pregnancy, breastfeeding and certain deficiencies.

Look out for our next Newsletter:
Making sense of Nutrition Science II

