

MAKING SENSE OF NUTRITION SCIENCE

PART 2



YOUR PARTNER IN LIFE STYLE CHANGE!

NEWS "BITES"

SEPTEMBER 2022

Changing your life style one bite at a time!

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

Making sound nutritional choices can be daunting – even if you know your stuff!!

But do you really?

Misinformation and half-truths are rife in the field of nutrition – everyone claims to be knowledgeable. In order to make healthy choices you need to have a good understanding of what is true and what is not.

Debunking some Nutritional Myths Part 2: Food Science 101

1. Dark chocolate is good for you!

TRUE

– Dark chocolate has many health benefits. It is anticarcinogenic (protects against cancer) and promotes cardiovascular health whilst aiding in blood pressure control. It can even help improve your mood! The higher the percentage of cocoa, the more antioxidants it contains. Caution: This does not mean you can have as much chocolate as you want. Dark chocolate should be considered an occasional treat. Have 3 blocks a week as part of a healthy, balanced diet.

2. Drinking a lot of water causes bloating

FALSE

– There is no drink that quenches your thirst as good as a glass of water. Having water with a meal can aid digestion and will not leave you bloated. Other beverages such as fizzy drinks or fruit juice can delay digestion. With that, they contain excess sugar and calories. Should you suffer from reflux, delay fluid intake 15 minutes after having a meal

3. Eating a lot of sugar causes diabetes

FALSE

– Having too many sweets is not a direct cause of Type II Diabetes. The main causes for the development of Type II diabetes are being overweight, a sedentary lifestyle and having a family history of diabetes. Make a choice to live a healthy life!





4. Having breakfast in the morning increases hunger during the day

FALSE

- Having breakfast will kick-start your metabolism. If your breakfast includes a good source of fiber (oats/All Bran flakes) or protein (eggs/cold meat/cheese), you will feel fuller for longer. Remember it is normal to feel hungry 3-4 hours after having your breakfast - it indicates that your body is ready for a healthy snack!

If you skip breakfast, you will feel hungry by midmorning (sometimes without even knowing it) and reach for a "quick fix". This will often be an unhealthy snack such as sugary / high fat foods.

5. Homemade popcorn is a healthy snack

TRUE

- Popcorn is a low-calorie snack and carries all the benefits of whole grains. Popcorn is rich in fiber and a good source of vitamins, minerals and phytonutrients. Be sure to air-pop the popcorn or prepare it using only 1-2tbsp of vegetable oil. Avoid extra calories by not adding butter or caramel and watch the salt!

The first wealth is Health

- EMERSON

