

Food Trends and Nutrition Myths

Cassie Vanderwall
UW Health Nutrition
Registered Dietitian
Certified Personal Trainer
Certified Diabetes Educator

Outline

- Fact versus Fiction
- Popular Food Trends: Fact or Fiction
- Busting Common Nutrition Myths
- Questions

Fact versus Fiction

- Behind most food and nutrition myths, there's a kernel of truth.
- **Goal:**
 - Separate the science from the silliness.
 - Look for red flags



Fact versus Fiction

Red Flags for F-Ads:



- Uses testimony versus research
- Asks you to spend large amounts of money to purchase special foods and/or supplements
- Does not encourage exercise
- Recommends supplements versus real food

Fact versus Fiction

Red Flags for F-Ads:



- Eliminates one or more food groups or gives lists of “good” and “bad” foods
- Does not include a long-term maintenance plan
- Promises a quick fix or weight loss of more than 1-2 pounds a week
- Sounds too good to be true

Nutrition Trends & Myths

Fact versus Fiction

Nutrition Trends & Myths

Fact or Fiction?

Organic foods are healthier than non-organic foods.

FICTION

Nutrition Trends & Myths

Organic foods are healthier than non-organic foods.

- Organic foods are comparable in nutrients to non-organic foods.
- Pesticide residues can lead to endocrine disruption.
- Organic foods are created without commercial pesticides and thus can be healthier and more sustainable sources.
- **Bottom Line:** Consider purchasing organic foods from the Dirty Dozen +2

Nutrition Trends & Myths

Dirty Dozen + 2

1. Apple
2. Peach
3. Nectarine
4. Strawberry
5. Grapes
6. Celery
7. Spinach
8. Sweet Bell Pepper
9. Cucumber
10. Cherry Tomato
11. Snap Peas
12. Potatoes
13. Hot Peppers
14. Kale

Clean Fifteen

1. Avocado
2. Sweet Corn
3. Pineapple
4. Cabbage
5. Sweet Peas
6. Onions
7. Asparagus
8. Mango
9. Papaya
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Sweet Potatoes

Nutrition Trends & Myths

Fact or Fiction?

Non-GMO foods are healthier than GMO foods.

FICTION

Nutrition Trends & Myths

Non-GMO foods are healthier than GMO foods.

- GMO=Genetically Modified Organism
- GMO-containing foods are deemed unsafe in other countries. They are deemed safe in the US.
- **Bottom line:** There is no current data to support the fact that consumption of GMO-foods are harmful.

Nutrition Trends & Myths

Fact or Fiction?

Detox diets are helpful.

FICTION

Nutrition Trends & Myths

Detox diets are helpful.

- The body is fully capable of removing toxins on its own via the liver and kidneys.
- There is no strong evidence that fasting or specific diets improve this process.
- **Bottom Line:** Detox diets are not helpful, but avoiding highly processed foods may be.

Nutrition Trends & Myths

Fact or Fiction?

Everyone should follow a Gluten-free Diet

FICTION

Nutrition Trends & Myths

Everyone should follow a Gluten-free Diet

- Gluten is a protein found in wheat, barley, rye and oats.
- People who have celiac disease and gluten allergy need to follow a gluten-free diet.
- People who have gluten intolerance benefit from a gluten-free diet.
- People who do not have these disease states do not need to follow a gluten-free diet.

Nutrition Trends & Myths

Fact or Fiction?

A Calorie equals a Calorie.

FICTION

Nutrition Trends & Myths

A Calorie equals a Calorie.

- The unit of energy is the same among different foods, however the energy is used differently depending on the source.
- For example: 100 Calories from Salad is much different than 100 Calories from a Burger.

Nutrition Trends & Myths

A Calorie equals a Calorie.

- When you eat calories can also impact how they are used.
- Eating after 7pm does not always cause weight gain, but eating poorly after 7pm can.
- **Bottom line:** When, where, what, why and how you eat matters.

Nutrition Trends & Myths

Fact or Fiction?

It is best to eat 6 small meals everyday.

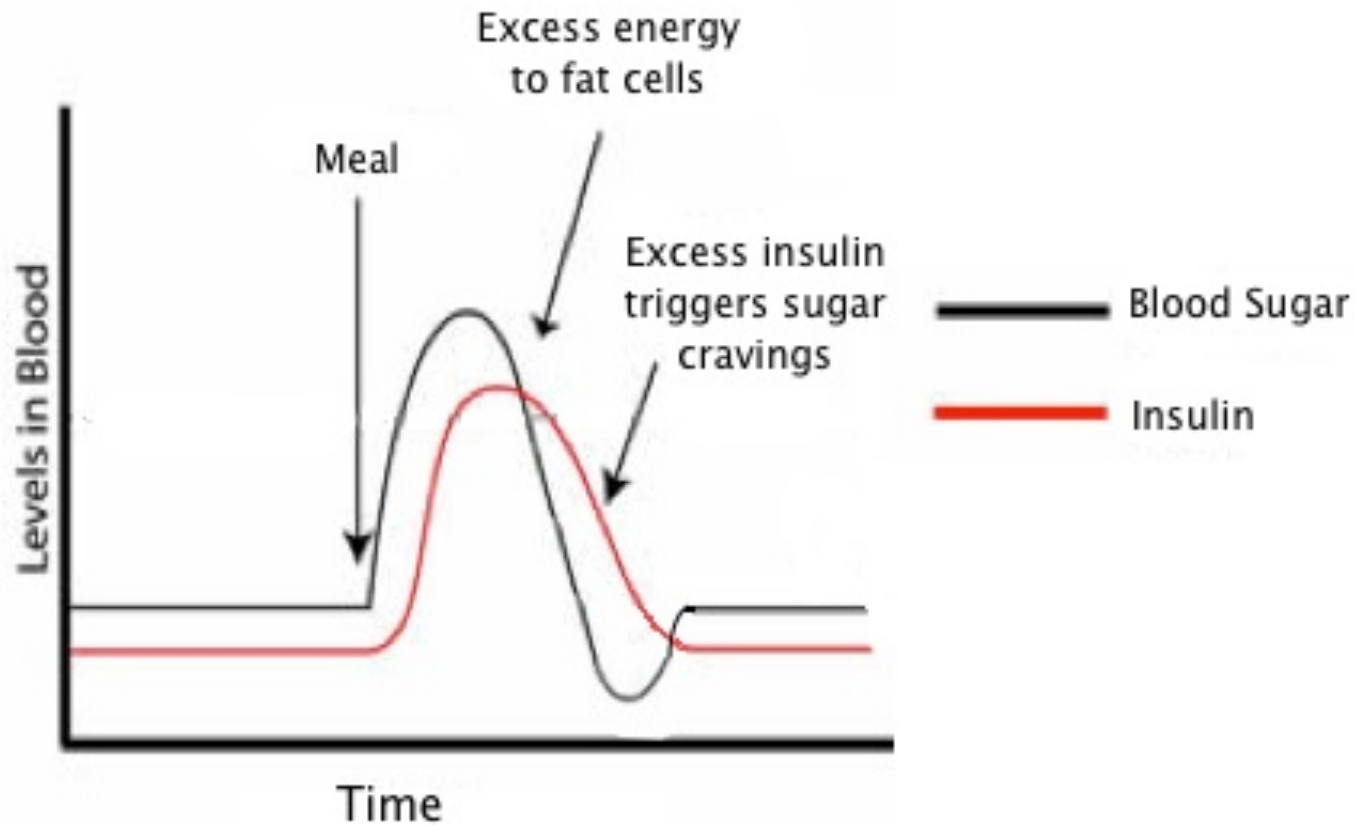
FICTION

Nutrition Trends & Myths

It is best to eat 6 small meals everyday.

- Eating 3 meals per day has the same metabolic effects as eating 4 to 6 meals.
- Eating more frequently may help to prevent over-eating at meals and snacks.
- Eating too often can lead to:
 - high triglycerides,
 - high blood sugar and
 - high insulin levels.
- **Bottom line:** Eat every 3 to 4 hours to prevent over-eating

Nutrition Trends & Myths



Nutrition Trends & Myths

Fact or Fiction?

Eggs are healthy.

FACT

Nutrition Trends & Myths

Eggs are healthy.

- Dietary cholesterol has little effect on blood cholesterol levels.
 - Saturated fat has greater influence on cholesterol levels.
- 1 Egg has about 200 mg of Cholesterol
 - Daily recommendation is 300 mg
- **Bottom Line:**
 - Eggs are a good source of protein and vitamins.
 - If you have high cholesterol limit egg yolks to 3-4 per week.

Nutrition Trends & Myths

Fact or Fiction?

Saturated Fat is an Unhealthy fat.

FACT

Nutrition Trends & Myths

Saturated Fat is an Unhealthy fat.

- Researchers have demonstrated that plant-based saturated fats may increase HDL (good) cholesterol and reduce risk of heart disease in some people.
- Animal-based saturated fats often increase LDL (bad) cholesterol and increase risk.
- **Bottom Line:** All sources of saturated fat increase LDL cholesterol in most people. The effect appears to be related to genetics.

Nutrition Trend & Myths

Fact or Fiction?

Products from Grass-fed Cattle are not the same as those from Corn-fed Cattle.

FACT

Nutrition Trend & Myths

Products from Grass-fed Cattle are not the same as those from Corn-fed Cattle.

- Meat and Milk from grass-fed cattle are higher in healthy fats. Therefore, higher fat products from grass-fed cattle may reduce the risk of heart disease.
- Meat and Milk from corn-fed cattle are higher in saturated fats (unhealthful) and tend to increase the risk of heart disease.
- **Bottom line:** Grass-fed cow's milk and beef are healthier alternatives.

Nutrition Trends & Myths

Fact or Fiction?

Carbs are Bad.

FICTION

Nutrition Trends & Myths

Carbs are Bad.

- In the Low-carb versus Low-fat debate, low-carb usually wins.
- The type of carbohydrate a person eats matters just as the type of fat matters.
- **Bottom line:** Carbs from fruit, vegetables and whole grains are solid sources of energy.

Nutrition Trends & Myths

Fact or Fiction?

A teaspoon of sugar helps the medicine go down.

FICTION

Nutrition Trends & Myths

A teaspoon of sugar helps the medicine go down.

- Too much sugar whether it is from fruit or high-fructose corn syrup plagues health.
- Excessive sugar intake leads to liver disease, insulin resistance, diabetes and heart disease.
- **Bottom Line:** Be mindful of sugar intake and limit added sugar to < 6 teaspoons per day or 24g

Nutrition Trends & Myths

Fact or Fiction?

Whole Grains are lower in Calorie than Refined Grains.

FICTION

Nutrition Trends & Myths

Whole Grains are lower in Calorie than Refined Grains.

- Whole grains are less processed than refined (white) grains but calories are consistent.
- Whole grains contain more protein and more fiber than others and thus can often contain slightly higher calories.

Bottom Line: Despite being higher in calories, whole grains are healthier choices.

Fact or Fiction?

Microwaving zaps nutrients.

FICTION

Nutrition Trends & Myths

Microwaving zaps nutrients.

- The longer and hotter that food is cooked the more nutrients it will lose.
- Short cooking times can help to preserve nutrients.
- **Bottom line:** Microwaves can be quick ways to enjoy healthy food.

Nutrition Trends & Myths

Fact or Fiction?

Diet foods cause cancer.

FICTION

Nutrition Trends & Myths

Diet foods cause cancer.

- “Diet” foods are those low in calorie, fat and sugar.
- Low-calorie sweets often use non-nutritive sweeteners. All are generally recognized as safe, but can impact overall health.
- There are times that the “real” recipe is best.
- **Bottom line:** Diet foods consumed in moderation can be healthful and helpful.

QUESTIONS?

Come See Us!

UW Health Nutrition Clinics

- Call (608) 890 – 5500
 - East, West and Research Park Clinics
 - Call (608) 287 – 2770
 - All Other UW Health Clinics
-