



NUTRITION MYTHS PART 2

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Last month we examined 5 of the most common nutrition myths. Let's continue our conversation this month with 5 more common nutrition myths. Misinformation about nutrition (or really anything else) is common and sometimes difficult to identify. So, it's important to identify the source of the information and whether or not their statements or claims will somehow benefit them.

1. Salt is bad for you.

Studies have shown that excess salt consumption can be associated with hypertension (HBP), kidney damage and an increased risk of cognitive decline. Sodium, is however, an essential mineral and is crucial to your health. The problem occurs when we consume too much sodium and too little potassium. Also, most people that consume too much sodium are getting it from salty, processed foods or unhealthy foods. The truth is that diets very high or very low in sodium are associated with cardiovascular disease.

2. You shouldn't skip breakfast.

We were all raised on the slogan, "Breakfast is the most important meal of the day." However, clinical data has shown that personal preference – to skip or not to skip breakfast – is a critical factor. Some breakfast skippers may compensate for all the calories they skipped at breakfast, while others may not feel these calorie cravings. We can see this at work in people that use Intermittent Fasting (IF) as part of their eating lifestyle. Contrary to popular belief, skipping breakfast does not cause your metabolism to crash. In

fact, for many who practice IF, it can actually help your metabolism by balancing glucose and insulin levels.

3. To lose fat, don't eat before bed.

The truth is that some studies show a weight loss advantage in early eaters, other in late eaters. There are two main reasons why eating at night "might" hinder fat loss. First, if eating late at night causes us to over-indulge in calories, then, that will cause us to gain

weight. Second, when we are tired and eat late at night to stay awake, we usually choose some high calorie processed snack.

4. You need protein right after you work out.

It is common knowledge that when you exercise, you damage your muscles, which your body then needs to repair. It is true that the raw material for this repair is the protein you eat or drink. It is also true that your muscles are more sensitive to the effect of protein after exercising. This is the "anabolic window" of opportunity post workout. However, what really matters most is your daily protein intake. A post workout dose of protein can happen immediately after or within a couple of hours of your workout. The amount of protein depends on your body weight. Many sources reference 0.2-0.60 gms. Of protein per kg. of body weight or 0.11-0.27 grams/pound.

5. To lose fat, do cardio on an empty stomach.

It is true that if you exercise in a fasted state, you will burn more body fat, but that doesn't make it easier for you to use body fat as fuel for the rest of the day. Actually, there is very little difference between cardio in the fasted or fed state when it comes to fat loss, muscle preservation, daily caloric intake or metabolism. What really matters is how you personally feel about doing cardio on an empty or full stomach.

By now, we have all heard many of these generalized statements about food and how it affects us. We may read it in a social media post, blog or somewhere in the media. Since we all want to be healthier, it's easy to fall for these nutrition myths, fad diets or miracle supplements. It's important to remember that each one of us responds to these differently.

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