



NUTRITION MYTHS PART 1

By Tricia Talerico, D.C., M.S., Nutr.

With so much access to information on the internet, unfortunately, much of it can be non-evidence based and more often “word of mouth” and inaccurate. Although there are many more, let’s talk about five of the most common nutrition myths.

1. Too much protein is bad for you.

Protein has been accused of harming kidneys and bones. As far as promoting bone loss, most of the studies reviewed used dairy products as a protein source. So, when using dairy as a protein, we may actually see higher urinary calcium levels. What we know is that eating protein promotes dietary calcium absorption and high protein intake promotes bone growth and slows bone loss. On the other hand, low protein diets are associated with a higher risk of hip fractures. In reference to high protein causing kidney damage, studies show that this may only be true if you have a pre-existing kidney condition.

2. Carbs are bad for you.

Understanding the difference between low glycemic and higher glycemic carbohydrates is important here. For example, broccoli is a low glycemic carbohydrate as opposed to brown rice, which is a high glycemic carbohydrate. Neither one of them is better or

worse for you. The most important thing to understand is that portion size is more important. So, if weight loss is one of your health goals, creating a small caloric deficit at the end of the day will depend on your portion size.

3. Fats are bad for you.

Believe it or not, given the same caloric deficit and protein intake, low fat and low carb diets produce similar weight loss results. Shunning all fats from our

diets is not good because our bodies need some omega-3 and omega-6 fatty acids. Even saturated fats are not the main contributors to cardiovascular disease. Basically, trans fats (partially hydrogenated oils) are really the only fats that are detrimental to our health.

4. Egg yolks are bad for you.

It is true that foods high in cholesterol can increase LDL-C, but only to a small extent. Clinical studies show no association between eggs and CVD, except in a very small percentage of people who over-respond to dietary cholesterol. Eggs happen to be a great source of protein, fats and other nutrients.

5. Eating red meat causes cancer.

Current evidence suggests that processed red meats, especially those

that are charred during cooking can pose a greater cancer risk for people with poor diets and lifestyle. The truth is that a moderate red meat intake (1 serving = 3-4 oz.) of 1-3 servings per week, of good quality beef, is really nothing to worry about. Of course, exercising regularly, eating fruits and veggies, consuming adequate fiber, no smoking and only moderate intake of alcohol are also important to observe as part of overall health.

These are only a few of the most popular nutrition myths we see in the news, magazines and possibly on social media and blogs. As a clinical nutritionist, I urge all of my clients to stay away from any extreme eating plans as their benefits are usually only short-lived. Allowing ourselves to deviate here and there is a great way to make permanent healthy lifestyle changes.

IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!



Tricia Talerico, D.C., M.S., Nutr.
Nutrition and Weight Loss Center of Ocean
Dow Plaza • 1819 Highway 35 North
Oakhurst, NJ 07755

732-609-3366

www.nutritionandweightlosscenter.com
www.facebook.com/nutritionandweightlosscenterofocan
www.instagram.com/nutritionandweightlosscenter

