

# NUTRITION MYTHS

## The most Common Nutrition Myths



### EATING HEALTHY IS TOO EXPENSIVE

**FALSE!**

Planning & cooking meals you enjoy is an excellent way to not only eat high quality foods, nutrient dense foods - but also save money!



### THERE ARE "GOOD" FOODS & "BAD" FOODS

**FALSE!**

Food is Food! Yes there are more high quality choices that provide more vitamins & minerals your body needs - but no food should be deemed "bad" or off limits. Labeling foods will create a restriction mindset. Everything in moderation!



### YOU HAVE TO SKIP MEALS & FEEL HUNGRY

**FALSE!**

The body is an incredible machine - and there are other factors, like hormones for example, that come into play when trying to lose weight. The "Eat Less, Move More" mindset may end up hindering your progress.



### EATING AT NIGHT WILL MAKE YOU GAIN WEIGHT

**FALSE!**

There aren't "magic" hours when it comes to eating - and every BODY will have different preferences. Take time to learn your body, and listen to what it tells you. The only time to consider an eating window is regarding other factors not having to do with weight gain.



### 1200 CALORIES A DAY IS A GOOD TARGET

**FALSE!**

1200 calories a day is too low and extreme dieting is not the way to achieve lasting results. Small tweaks and incremental, systematic changes is the key!



### CARBS WILL MAKE YOU GAIN WEIGHT

**FALSE!**

Carbohydrates are the bodies choice for fuel if you are active! Healthy, active adults do not need to cut out carbohydrates. Moderation, a healthy balance of all macros, and controlled sugar intake is key.



### LOWFAT FOODS ARE HEALTHIER

**FALSE!**

Fat does not make us Fat! Lowfat foods often have higher carb & sugar content than its full fat counterpart. Fat is also essential for many functions & can cause issues when under consumed. Balance is key - are you seeing a theme here