NUTRITION MYTHBUSTERS

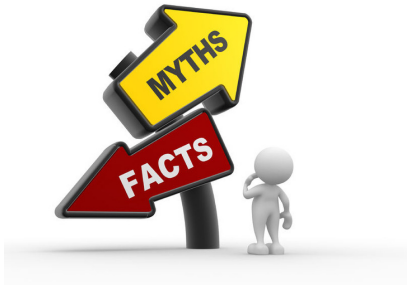
Debunking common dietary myths

What are nutrition myths?

Nutrition myths are false or scientifically unsupported claims or beliefs which involve food and diet.

Many nutrition myths exist and often include half truths, skewed or bias information. All of which can lead to confusion and the potential to create unhealthy behaviours with food.

Where do nutrition myths come from?



University of Chester

What are our aims?

By visiting our virtual nutrition stall, we aim to raise awareness of the most common nutrition myths that circulate various platforms.

We believe that dietary misinformation provides a barrier to sound nutritional advice, which is essential for optimal health and well-being.

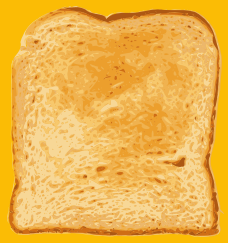
How can I identify nutrition myths?

Identifying nutrition misinformation can be a challenge, even for aspiring nutritionists. Nutrition myths come in many forms, therefore it's important to be aware of how they are presented.

Look out for sensationalist claims, quick fix solutions that promise extreme or unrealistic expectations and anything that deviates from a balanced approach. Most importantly, make sure you get your dietary information from evidence-based sources.

3 common nutrition myths debunked

MYTH 1
"Carbs are bad"



FACT
Despite their bad PR, carbohydrates provide many components which contribute to health, such as; a vital energy source for brain and muscle function, vitamins and minerals in fruit and vegetables and dietary fibre . Diets high in fibre have been shown to reduce the risk of cardiovascular disease, type 2 diabetes and bowel cancer.

Takeaway message
- Carbohydrates provide many important nutrients which contribute towards a balanced diet and optimal health
- Aim to limit sugary and highly processed varieties. Include healthier alternatives such as, wholegrains, vegetables, fruit or legumes to boost fibre intake



MYTH 2
"Detox regularly"

FACT
Detox diets, cleanses or products promoting detoxification are often heavily marketed for financial incentive or gain. However, there is no evidence which supports the idea of detoxification or toxin elimination outside of a functioning liver and kidneys. Detox diets can in fact be harmful with the potential to cause nutrient deficiencies.

Takeaway message
- No detox juice diet or supplement will eliminate "toxins" from the body
- The best way to support your bodies natural "detoxifiers" your liver and kidneys is to practice good habits, such as, consuming a balanced diet, exercising regularly and staying hydrated



MYTH 3
"Dairy is bad for health"

FACT
With the plant-based market gaining popularity, dairy has received some negative press, particularly across social media. However , many of the health claims used to demonise dairy products such as; "Dairy leaches calcium from the bones" are scientifically unfounded. In fact, evidence suggests the opposite is true; milk, yogurt and cheese all contain dietary calcium, which has been shown to contribute to the development and maintenance of bone health.

Takeaway message
- Unless you are lactose intolerant, there is no need to eliminate dairy from the diet
- Dairy products provide many other health promoting nutrients too, such as, a high quality protein source, phosphorus, potassium and B vitamins



Common myths

"Fats are bad for health"
Although trans fats are associated with negative health outcomes, the idea that all fats are bad for health is simply untrue. In fact dietary fats provide many health promoting properties. For example, the omega 3 fatty acids in oily fish and flaxseeds have been shown to display cardioprotective benefits. It is recommended that everyone should consume one portion of oily fish a week.


"Meat is bad"
Whilst limiting processed and red meat to 70g a day is recommended, claims that all meat is bad is not supported by evidence. Meats such as; steak, chicken, lamb and pork are all highly nutritious, encompassing a source of high quality protein, bioavailable iron and fat soluble vitamins.



Where can I find evidence-based nutrition information?

www.nutrition.org.uk

www.bda.uk.com

www.nhs.uk/change4life