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Diet Myths – Fact or Fiction

There are weight loss or nutrition claims everywhere! They are on billboards, advertisements on the radio, and in magazines. Claims such as “Lose 30 pounds in 30 days,” ... “Eat these foods to blast belly fat,” ... “Eat as much as you want and lose weight.” How can we tell what is credible and what is not?

Below are the facts behind common health claims that we may find in the media.

Myth: If I skip meals, I will lose weight.

This is a common notion because when we think of weight loss we think of eating less food, which means less calories being consumed.

Fact: Skipping meals can lead to the opposite. Skipping meals can make you hungrier the next time we eat. This increased hunger leads to over eating, which over time can lead to weight gain instead of the desired weight loss.

Myth: Fad diets will help me lose quickly and then I will keep the weight off.

With the fast paced world we live in today we want things as fast and convenient as possible. Many fad diets have claims such as lose 50 pounds in 6 weeks if you follow their special meal plan. But if it sounds too good to be true, it probably is.

Fact: Fad diets are often very restrictive and may not provide all nutrients. It is best to follow a general, healthy diet that has a variety of foods. Rapid weight loss and very calorie restrictive diets can have adverse health effects instead of promoting better health.

It is best to lose ½ to 2 pounds per week. Healthy weight loss is steady and sustainable.

There are many more myths out there left to be solved, so continue to follow the web page to see what myths we will crack next!

