



NUTRITION
Part three

The Top 20 Biggest Nutrition Myths

Breakfast is the most important meal of the day

Eating breakfast is not necessary for everyone. Health benefits are associated with both eating breakfast and skipping it.

You need to eat small, frequent meals for optimal health

Eating frequent meals throughout the day is not the best way to promote weight loss. Research shows that a regular meal pattern may be best for health.

Non-nutritive sweeteners are healthy

Non-nutritive sweeteners may lead to adverse health outcomes, such as an increased risk of type 2 diabetes and negative changes to gut bacteria.

Low fat and diet foods are healthy alternatives

Low fat and diet foods are typically high in sugar and salt. Unaltered /ʌn 'ɔltəd/ (=unchanged) higher fat alternatives are often a healthier choice.

Supplements are a waste of money

Supplements are useful and often necessary in many populations. The use of common medications, age, and certain medical conditions are just some of the reasons why supplements may be needed for some people.

Following a very low calorie diet is the best way to lose weight

Very low calorie diets lead to metabolic adaptations that make long-term weight maintenance difficult.

cut down on: reduce the amount of eating (fatty or sugary foods, for example)

go easy on: be sparing in one's use or consumption of.

sparingly: in a restricted or infrequent manner; in small quantities.

WATCH ON CALORIES: control amount of calories

SEDENTARY: (of a person) tending to spend much time seated; somewhat inactive.