Food Trends and Nutrition Myths

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• Fact versus Fiction
• Popular Food Trends: Fact or Fiction
• Busting Common Nutrition Myths
• Questions
Fact versus Fiction

• Behind most food and nutrition myths, there's a kernel of truth.

• Goal:
  – Separate the science from the silliness.
  – Look for red flags
Fact versus Fiction

Red Flags for F-Ads:

• Uses testimony versus research
• Asks you to spend large amounts of money to purchase special foods and/or supplements
• Does not encourage exercise
• Recommends supplements versus real food
Red Flags for F-Ads:

- Eliminates one or more food groups or gives lists of “good” and “bad” foods
- Does not include a long-term maintenance plan
- Promises a quick fix or weight loss of more than 1-2 pounds a week
- Sounds too good to be true
Nutrition Trends & Myths

Fact versus Fiction
Fact or Fiction?

Organic foods are healthier than non-organic foods. 

FICTION
Organic foods are healthier than non-organic foods.

• Organic foods are comparable in nutrients to non-organic foods.

• Pesticide residues can lead to endocrine disruption.

• Organic foods are created without commercial pesticides and thus can be healthier and more sustainable sources.

• **Bottom Line:** Consider purchasing organic foods from the Dirty Dozen +2
# Nutrition Trends & Myths

<table>
<thead>
<tr>
<th>Dirty Dozen + 2</th>
<th>Clean Fifteen</th>
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<tbody>
<tr>
<td>1. Apple</td>
<td>1. Avocado</td>
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<tr>
<td>2. Peach</td>
<td>2. Sweet Corn</td>
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<tr>
<td>5. Grapes</td>
<td>5. Sweet Peas</td>
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<tr>
<td>6. Celery</td>
<td>6. Onions</td>
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<tr>
<td>7. Spinach</td>
<td>7. Asparagus</td>
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<tr>
<td>8. Sweet Bell Pepper</td>
<td>8. Mango</td>
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<tr>
<td>10. Cherry Tomato</td>
<td>10. Kiwi</td>
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<tr>
<td>11. Snap Peas</td>
<td>11. Eggplant</td>
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<tr>
<td>15. Sweet Potatoes</td>
<td>15. Sweet Potatoes</td>
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Nutrition Trends & Myths

Fact or Fiction?

Non-GMO foods are healthier than GMO foods.

FICTION
Non-GMO foods are healthier than GMO foods.

• GMO=Genetically Modified Organism
• GMO-containing foods are deemed unsafe in other countries. They are deemed safe in the US.
• Bottom line: There is no current data to support the fact that consumption of GMO-foods are harmful.
Fact or Fiction?

Detox diets are helpful.

FICTION
Detox diets are helpful.

• The body is fully capable of removing toxins on its own via the liver and kidneys.
• There is no strong evidence that fasting or specific diets improve this process.
• **Bottom Line:** Detox diets are not helpful, but avoiding highly processed foods may be.
Fact or Fiction?

Everyone should follow a Gluten-free Diet

FICTION
Everyone should follow a Gluten-free Diet

- Gluten is a protein found in wheat, barley, rye and oats.
- People who have celiac disease and gluten allergy need to follow a gluten-free diet.
- People who have gluten intolerance benefit from a gluten-free diet.
- People who do not have these disease states do not need to follow a gluten-free diet.
Nutrition Trends & Myths

Fact or Fiction?

A Calorie equals a Calorie.

FICTION
A Calorie equals a Calorie.

• The unit of energy is the same among different foods, however the energy is used differently depending on the source.

• For example: 100 Calories from Salad is much different than 100 Calories from a Burger.
A Calorie equals a Calorie.

- When you eat calories can also impact how they are used.
- Eating after 7pm does not always cause weight gain, but eating poorly after 7pm can.
- **Bottom line:** When, where, what, why and how you eat matters.
Fact or Fiction?

It is best to eat 6 small meals everyday.

FICTION
It is best to eat 6 small meals everyday.

- Eating 3 meals per day has the same metabolic effects as eating 4 to 6 meals.
- Eating more frequently may help to prevent over-eating at meals and snacks.
- Eating too often can lead to:
  - high triglycerides,
  - high blood sugar and
  - high insulin levels.

- **Bottom line:** Eat every 3 to 4 hours to prevent over-eating
Nutrition Trends & Myths

Fact or Fiction?

Eggs are healthy.

FACT
Eggs are healthy.
• Dietary cholesterol has little effect on blood cholesterol levels.
  – Saturated fat has greater influence on cholesterol levels.
• 1 Egg has about 200 mg of Cholesterol
  – Daily recommendation is 300 mg
• Bottom Line:
  – Eggs are a good source of protein and vitamins.
  – If you have high cholesterol limit egg yolks to 3-4 per week.
Fact or Fiction?

*Saturated Fat is an Unhealthy fat.*

**FACT**
Saturated Fat is an Unhealthy fat.

- Researchers have demonstrated that plant-based saturated fats may increase HDL (good) cholesterol and reduce risk of heart disease in some people.
- Animal-based saturated fats often increase LDL (bad) cholesterol and increase risk.
- **Bottom Line:** All sources of saturated fat increase LDL cholesterol in most people. The effect appears to be related to genetics.
Nutrition Trend & Myths

Fact or Fiction?

Products from Grass-fed Cattle are not the same as those from Corn-fed Cattle.

FACT
Nutrition Trend & Myths

Products from Grass-fed Cattle are not the same as those from Corn-fed Cattle.

• Meat and Milk from grass-fed cattle are higher in healthy fats. Therefore, higher fat products from grass-fed cattle may reduce the risk of heart disease.

• Meat and Milk from corn-fed cattle are higher in saturated fats (unhealthful) and tend to increase the risk of heart disease.

• Bottom line: Grass-fed cow’s milk and beef are healthier alternatives.
Nutrition Trends & Myths

Fact or Fiction?

Carbs are Bad.

FICTION
Nutrition Trends & Myths

Carbs are Bad.

• In the Low-carb versus Low-fat debate, low-carb usually wins.
• The type of carbohydrate a person eats matters just as the type of fat matters.
• **Bottom line:** Carbs from fruit, vegetables and whole grains are solid sources of energy.
Nutrition Trends & Myths

Fact or Fiction?

A teaspoon of sugar helps the medicine go down.

FICTION
A teaspoon of sugar helps the medicine go down.

- Too much sugar whether it is from fruit or high-fructose corn syrup plagues health.
- Excessive sugar intake leads to liver disease, insulin resistance, diabetes and heart disease.
- **Bottom Line:** Be mindful of sugar intake and limit added sugar to < 6 teaspoons per day or 24g
Nutrition Trends & Myths

Fact or Fiction?

Whole Grains are lower in Calorie than Refined Grains.

FICTION
Whole Grains are lower in Calorie than Refined Grains.

- Whole grains are less processed than refined (white) grains but calories are consistent.
- Whole grains contain more protein and more fiber than others and thus can often contain slightly higher calories.

Bottom Line: Despite being higher in calories, whole grains are healthier choices.
Fact or Fiction?

*Microwaving zaps nutrients.*

**FICTION**
Microwaving zaps nutrients.

- The longer and hotter that food is cooked the more nutrients it will lose.
- Short cooking times can help to preserve nutrients.
- **Bottom line:** Microwaves can be quick ways to enjoy healthy food.
Nutrition Trends & Myths

Fact or Fiction?

* Diet foods cause cancer. 

**FICTION**
Nutrition Trends & Myths

*Diet foods cause cancer.*

- “Diet” foods are those low in calorie, fat and sugar.
- Low-calorie sweets often use non-nutritive sweeteners. All are generally recognized as safe, but can impact overall health.
- There are times that the “real” recipe is best.
- **Bottom line:** Diet foods consumed in moderation can be healthful and helpful.
QUESTIONS?
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