

Nutrition Myths

The world of diet and nutrition is incredibly complex! It seems like each day a new diet is introduced promising everything. Social media and other advertisements tell us never to eat something, then to always eat something. Eat in the morning? Skip the morning meal? Fast? Never fast? Eat protein? Or is protein bad for the kidneys? Was I supposed to eat the eggs or skip them? This article won't address all of these questions, but we tried our best to bust some of the popular myths.

Fat is Bad



Fat is not always bad! While it is true that having a higher than recommended body fat percentage can lead to an increased risk of many metabolic diseases, dietary fat is not always the culprit.

It is important to note many aspects of your body depends greatly on fat. Our brain is roughly 60% fat. Fat is essential to storing vitamins A, D, E, and K. Fats also play a crucial role in the structural component of most of our cells!

Finally, often when individuals consume a highly restricted low fat diet, sugar and other processed foods are introduced that can lead to weight gain and poor health. The best plan is to eat a well-balanced diet that includes fat.

I Just Need to Find the Right Diet

Click on the picture to the right that outlines some of the negatives of working to find the “right diet.”

In summary, many popular diets work at the start because they are highly restrictive and cause you to eat less. At the end of the day, weight loss is largely based on the difference between calories in and calories out. Popular diets are good at getting you to decrease the calories in.

The bad news is diets are hard to stick with and we inevitably end up searching for the next one that will work. Our best advice is to slowly make changes that you can maintain for life. If you didn't get the chance, read our [My Plate Guideline flyer](#) to get you started!



A Calorie is a Calorie is a Calorie



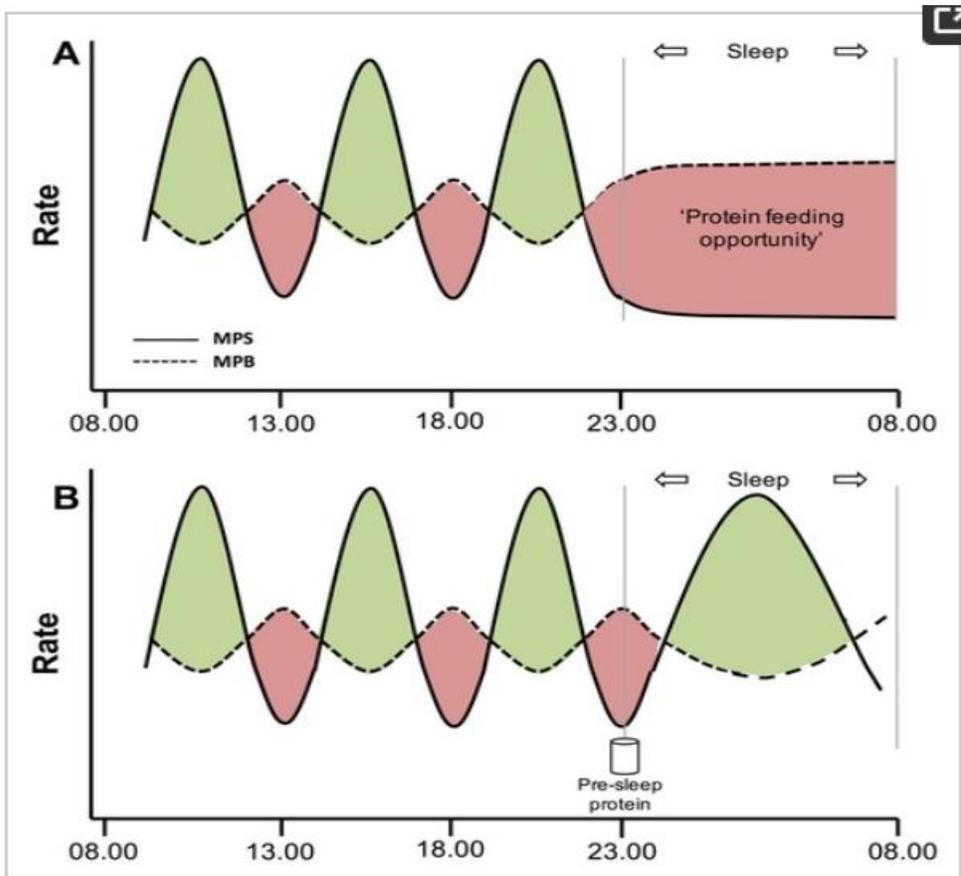
Let's start with the facts. Each calorie has the same amount of energy in it (4,184 Joules). So in this case a calorie is a calorie across the board. Sadly, or thankfully, the human body is incredibly complex!

Our body processes 1 calorie of whole peanuts, peanut butter, peanut flour, and peanut oil differently (we know this from studies that measure the amount of fat in stools – more fat when you eat whole peanuts, less when you eat processed peanut flour).

Furthermore, our body reacts to different nutrients differently. For example, the body reacts to one calorie of fructose and glucose differently.

We also know that we don't always feel full after eating equal amounts of calories. The volume of food has an impact on our feeling full. We tend to feel fuller when we eat higher volumes, even if we eat less calories .

Snacks Before Bed are Bad



The graph to the left is pulled from a study that was looking to determine the effects protein ingestion had on protein (muscle) synthesis (building).

What is key to know is our body naturally follows patterns of building muscle (shown in green) and breaking down muscle (shown in red).

The top graph represents the group that did not consume a protein dose prior to sleep. As noted in the graph, the entire sleep cycle is represented as net protein breakdown.

In contrast, the group that consumed protein prior to going to sleep experienced an overall increase in protein synthesis throughout the night.

It is important to note the snack before bed needs to be high in protein. A bowl of cereal or ice cream doesn't cut it!