

True or False?

Try to spot the myth information below and then check the answers inside this pamphlet.

1. Carbohydrates are not fattening.

True or False?

2. I can't eat milk products if I'm lactose intolerant.

True or False?

3. Eggs are bad for my cholesterol.

True or False?

4. I don't need to take vitamin and mineral supplements if I'm eating well.

True or False?

TRUE: A Starbucks large white chocolate mocha with whipped cream is delicious... and 630 calories and 29 grams of fat!

FALSE: chocolate milk is less healthy than 2% white milk!!



CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

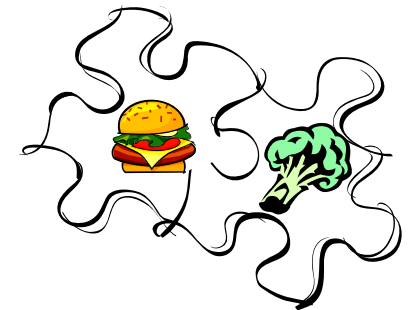
- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Nutrition Myth Busters



Making sense of the food you eat



613-520-6674

carleton.ca/health



Food: Fact or Fiction?



Carbohydrates are not fattening...

TRUE!



Any food eaten in excess will cause weight gain, but common carbs like bread, rice, pasta, and fruits and vegetables have less than 3 grams of fat per serving! Don't be fooled by the new low carb, high protein diets. These diets are often too high in fat and too low in fibre. You may feel nauseous, dehydrated and constipated if you are not eating enough carbohydrate foods. For a healthy diet follow Canada's Food and Physical Activity Guides.



Eggs are bad for my cholesterol...

FALSE!

For most people, eating cholesterol-rich foods has a small effect on blood cholesterol levels. But, eating foods that are high in fat, especially saturated and *trans* fats, effect cholesterol levels. If you are generally healthy and do not have high blood cholesterol, your diet can include about 3-4 eggs per week as well as other cholesterol-including foods. If you have high cholesterol, diabetes, or are at risk for heart disease, talk to a dietitian about your diet and fat intake.

Challenge: Maintaining a Healthy Weight

Solution: Learn your BMI (body mass index) or check to see if you have a healthy weight at www.dietitians.ca/eatwell. Successful strategies include:

- Eating meals with a variety of foods from each of the four food groups
- Focus on high fibre foods such as breads, grains, cereals, vegetables, fruits, and legumes
- Prepare food with little or no fat by choosing cooking methods such as baking, broiling, roasting, steaming, microwaving, and stir frying.
- Include meals featuring meat alternatives such as soy products, legumes, and eggs.
- Combine healthy eating with regular physical activity.

Challenge: Eating well on the run

Solution: Stock up on easy to grab healthy foods such as raw vegetables and fruits, yogourt, milk, cheese, whole grain muffins and crackers that are portable and tasty!

I can't drink milk if I'm lactose intolerant...

FALSE!

It all depends on a person's tolerance. Many individuals with mild lactose intolerance can still handle cheese or yogourt. Hard cheese, like cheddar, contains almost no lactose. Yogourt contains an enzyme that digests most of the lactose in the food. You may even be able to tolerate small amounts of milk if you drink it during a meal. Lactose-reduced milk and lactose-digesting enzymes and tablets are other options.

I don't need to take vitamin and mineral supplements if I'm eating well...

TRUE!

Food is your *best* source of nutrition. If you are healthy and eating well, there is no reason to take vitamin supplements. In fact, taking unnecessary supplements can upset your body's natural balance of nutrients. Some supplements such as Vitamin A and D, and selenium can be toxic if taken in large doses. However, if you are a strict vegetarian, have a food allergy, or are planning a pregnancy, talk to a dietitian.

