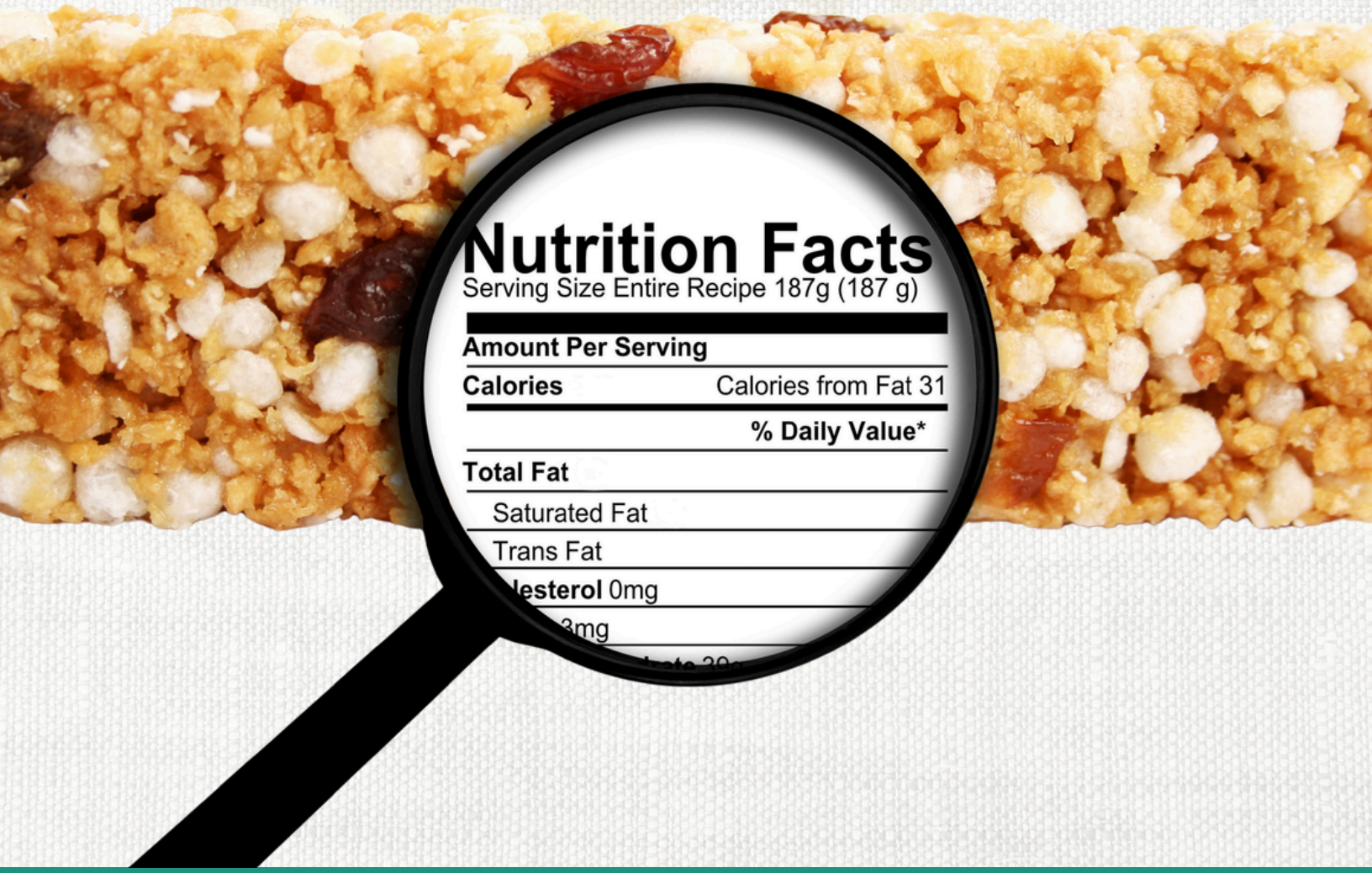
Whole Lifecycle NUTRITION

YOUR ULTIMATE GUIDE TO NUTRITION MYTHS & FACTS



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INTRODUCTION

There is so much "noise" in the wellness space, especially about nutrition. There are many reasons why so many nutrition myths are perpetuated.

- The core elements of evidence-based nutrition are not seductive; for example, "eat your fruits and vegetables." To craft more appealing messages for the broader public, nutrition messages may be overstated or inaccurately extrapolated from scientific evidence. Other messages are simply false.
- Many people who write, blog, post, and speak about nutrition do not have training in nutrition.
- Among people who are trained in nutrition and qualified to talk about nutrition topics, there are differences in how they interpret and explain some topics.
- Like all sciences, we continually learn more about nutrition through research. There's still a lot we don't know.



FOOD CHOICES

"What we put on our plates is rarely a simple decision."

WHOLE GRAINS

- Tastes and preferences
- Cultural traditions
- Budgets
- Values
- Accessibility
- Convenience

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A way of eating that works for one person does not work for another person. Some people who perpetuate nutrition myths draw on their own personal experiences with nutrition in an attempt to help other people. While well-intentioned, this is a flawed way of interpreting nutrition science.

"We need to look to credentialed health professionals who are able to separate fact from fiction."

MYTH #1

CARBOHYDRATES CAUSE WEIGHT GAIN.

NO ONE NUTRIENT OR FOOD CAUSES WEIGHT GAIN.

- Weight gain is complex and cannot be attributed to just one thing. In general, weight gain will result when we consume calories in excess of what our body needs to maintain body weight.
- Carbs are not to blame for weight gain. A diet for optimal health includes many foods with carbohydrates.
- Carbohydrates are our body's preferred source of energy.
- Consider the "package" of the carbohydrate. Choose carbohydrates that have fiber, vitamins, and minerals.
- Complex carbs with fiber digest and absorb more slowly than simple carbohydrates so our blood sugar response is different.

"Choose high-quality carbohydrates such as fruits, vegetables, beans, lentils, and whole grains."

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MYTH #2

EATING WHOLE EGGS IS UNHEALTHY.

WHOLE EGGS CAN BE PART OF A HEALTHY DIET.

- Concern about eating whole eggs stems from the dietary cholesterol content of the egg yolk. However, what affects our blood cholesterol the most is the saturated fat we eat, not the dietary cholesterol.
- The American Heart Association states that 6-7 whole eggs per week can be part of a healthy diet.
- Egg yolks also contain protein, vitamins, and minerals.

"Consult your doctor or registered dietitian, who would be able to take your history and overall way of eating into consideration when recommending intake of whole eggs."



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MYTH #3

FOODS WITH GLUTEN ARE UNHEALTHY.

ONLY SOME PEOPLE NEED TO HAVE A GLUTEN-FREE DIET.

- Gluten is a group of proteins in cereal grains (wheat, rye, barley, triticale).
- People who have celiac disease or non-celiac gluten sensitivity should avoid foods with gluten.
- Only a credentialed healthcare professional is able to diagnose these conditions.
- Choose whole grains over refined grains.
- Many nutrient-dense foods contain gluten – whole wheat products (bread, pasta) and whole grains (wheatberries, farro, kamut, etc.).

"For a person without celiac disease or non-celiac gluten sensitivity, foods with gluten can be part of an overall healthy diet."



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MYTH #4

A VEGETARIAN DIET DOES NOT PROVIDE ENOUGH PROTEIN.

MANY VEGETARIAN FOODS HAVE PROTEIN.

- Plant food sources of protein include beans, lentils, soy products (tofu, edamame, tempeh), nuts, and seeds. Whole grains also have protein, although they wouldn't be considered a considerable source of protein.
- Some vegetarians also eat eggs and dairy products which are excellent sources of protein.
- Vegetarian diets are not all the same. They should be carefully planned to include sources of protein at each meal and snack.
- Consult with your doctor or registered dietitian about your protein needs.

"Well-planned vegetarian and vegan diets can be adequate and meet protein needs."

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MYTH #5

YOU SHOULD ONLY EAT AT CERTAIN TIMES.

THERE IS NO TIMING FOR EATING THAT WORKS FOR EVERYONE.

- Some people may benefit from setting up a schedule for their meals and snacks.
- Other people may benefit from eating based on hunger cues.
- In general, creating strict rules about when to eat can be a slippery slope. These rules can be hard to follow in certain situations or when we feel hungry.
- Rules can make us feel like a "failure" if we don't follow them.
- We still have a lot to learn about intermittent fasting in humans.

"It is possible to have a healthy diet and eat at different times of the day."



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MYTH #6

SNACKING IS UNHEALTHY.

SNACKING CAN BE HEALTHY, EVEN WHEN WEIGHT LOSS IS A GOAL.

- A well-balanced meal with carbs, protein, and fat will keep us full for an average 3-4 hours. This also depends on our needs, the size of the meal, etc. But in general, most people have a greater time window than 3-4 hours in between meals.
- The composition of the snack is important, though. A balanced snack might include a source of protein and also a fruit or veggie.
- Examples include peanut butter and apple slices, hard-boiled egg and berries, roasted edamame and carrot sticks, or hummus and celery sticks.
- A snack food like pretzels is mostly carbohydrates, which will be digested and absorbed quickly. This may result in the quick return of hunger or overeating later. The protein and fiber in a balanced snack digests and absorbs more slowly, keeping us full for longer.
- Many people have trouble fitting in enough fruits and vegetables into mealtime. Snacks are an easy way to have an additional serving.
- Snacking can also play an important role pre-and post-workout.

"Snacking can help curb hunger while providing fuel to have enough energy for our day."

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MYTH #7

JUICING OR CLEANSING IS REQUIRED TO "DETOX" YOURBODY.

OUR BODY HAS NATURAL MECHANISMS THROUGH WHICH TO DETOX.

- Cleanses claim to detox the body, aid weight loss, improve skin health, etc.
- There is no one food or regimented diet that can deliver on these promises.
- Some cleanses, diets, and supplements may be harmful.
- For example, some supplements may interfere with prescription medications. Talk to your doctor or registered dietitian before taking any supplements or following a diet.

"The best way of eating to promote natural detoxification is a diet rich in vegetables, fruit, legumes, whole grains, and lean protein."

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MYTH #8

VITAMIN C PREVENTS COLDS.

VITAMIN C DOES NOT PREVENT COLDS, BUT SOME STUDIES SHOW THAT IT CAN SHORTEN THE DURATION OF THE COMMON COLD.

- To help shorten the duration of a cold, you should be consuming adequate vitamin C daily, not just when you get a cold. The best way to do this is to eat a diet containing vitamin C-rich foods.
- Vitamin C is only found in plant foods.
  - Fruits rich in vitamin C include citrus (orange, grapefruit, lemon, lime), berries, melon, kiwi, pineapple, and papaya.
  - Vegetables rich in vitamin C include peppers and cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts.
- Supplements also contain vitamin C. However, it's better to get vitamin C through food because then you get all the other vitamins and minerals, as well as fiber, in those plant foods.

"Consume a diet containing foods that are rich in vitamin C."

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MYTH #9

FROZEN FRUITS AND VEGGIES ARE NOT AS HEALTHY AS FRESH ONES.

FROZEN PRODUCE IS JUST AS NUTRITIOUS AS FRESH PRODUCE.

- Look for frozen fruits and veggies without any additional ingredients. Add seasonings during and after cooking.
- Try different methods of cooking frozen fruits and vegetables. Frozen products have a different texture than fresh produce. They may become soft or mushy from some cooking methods. Steaming or blanching is a great way to maintain the firm texture of fruits and veggies.
- Enjoy frozen fruits and veggies in a variety of dishes. Cold smoothies and smoothie bowls are a delicious way to incorporate frozen produce.
- Freeze your own. Steam or blanch before storing produce in freezer safe bags or containers.

"Frozen fruits and veggies are frozen at peak ripeness to help maintain freshness for longer."

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MYTH #10

MIXING DIFFERENT FOODS IN ONE MEAL IS BAD FOR DIGESTION.

THERE IS NO EVIDENCE TO SUPPORT ONE WAY OF FOOD COMBINING FOR EVERYONE.

- From the mouth all the way to the large intestine, the human body is capable of digesting different food groups with various macronutrient compositions all at once.
- The body produces enzymes at different points in digestion to digest components of a meal.
- For example, the salivary glands produce salivary amylase to start breaking down carbohydrates in the mouth.
- The small intestine is the main site for carbohydrate digestion.

“Everyone's digestive process is unique. If you experience digestive upset after meals or snacks, consult with your doctor or dietitian to identify a solution that works for you.”

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CAUTION

LOOK OUT FOR RED FLAGS WHEN DISTINGUISHING BETWEEN NUTRITION MYTHS AND FACTS. COMMON RED FLAGS INCLUDE:

- A ".com" source, which often stands to profit from its content.
- A source that does not list an author, a date published, and/or sources.
- A website or store that sells products including both food and supplements.
- A website or program that promotes marketing gimmicks like quick results for weight loss or improving health, often including a celebrity spokesperson.
- A website or store that promotes restricting entire food groups.
- Friend or family member without a relevant education background - although they mean well, they may be perpetuating myths or sharing information that's specific to their personal history or experiences.



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SOURCES

CREDIBLE NUTRITION INFORMATION CAN SEEM HARD TO FIND AMIDST THE LOUD NOISE OF OTHER INFORMATION SOURCES.

HERE IS HOW TO FIND CREDIBLE INFORMATION:

- Seek out .org, .edu, and .gov sources.
- Look for authored pieces (authors with credentials), date published, and sources.
- Ask a credentialed healthcare professional.
- Read about the topic yourself. Look at several high-quality sources. One study is only able to provide limited information – look at the body of evidence.
- Be open to new ideas. Like all sciences, nutrition is evolving, and we continually learn from research studies.



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RECIPES

Help your body detoxify itself with this nutrient-dense, fiber-packed smoothie.

EVERYDAY DETOX SMOOTHIE

PREP TIME: 10 MINUTES **TOTAL TIME: 15 MINUTES** **YIELD: 1 SERVINGS**

INGREDIENTS

- 1 cup romaine lettuce, chopped
- 1/2 cup pineapple, chopped
- 1" ginger, peeled and chopped (for 1 Tbs)
- 1 cup cucumber, peeled and chopped
- 2 cups water
- 2 kiwis, peeled and chopped
- 2 Tbs parsley, fresh, chopped
- 1/4 avocado
- Stevia, to taste (optional)

DIRECTIONS

Prep

- Chop romaine and pineapple.
- Peel and chop ginger, cucumber, and kiwis.
- Remove flesh from 1/4 avocado.

Make

- Add ingredients to blender and process until smooth. Add more water as needed..

Nutrition Facts

Calories 213 per serving

Amount/serving	% Daily Value*
Total Fat 6.4g	9%
Saturated Fat 0.8g	4%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 56mg	2%

Amount/serving	% Daily Value*
Total Carbohydrates 41g	13%
Dietary Fiber 9g	37%
Total Sugars 23g	
Protein 4g	

Vitamin D 0mcg 0% · Calcium 134mg 13% · Iron 2mg 11% · Potassium 1029mg 21%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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RECIPES

Keep your body fueled with these simple, balanced snacks.

MOUNTAIN TRAIL MIX

PREP TIME: 5 MINUTES **TOTAL TIME: 5 MINUTES** **YIELD: 6 SERVINGS**

INGREDIENTS

- 1/3 cup pistachios
- 1/3 cup pecans, raw
- 1/3 cup walnuts, raw
- 1/3 cup almonds, raw
- 1/3 cup cashews, raw
- 1/3 cup dried tart cherries

DIRECTIONS

Make

- Mix all ingredients. Enjoy!

Nutrition Facts

Calories 241
per serving

Amount/serving	% Daily Value*
Total Fat 20.8g	31%
Saturated Fat 2.4g	12%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 2mg	0%

Amount/serving	% Daily Value*
Total Carbohydrates 11g	3%
Dietary Fiber 3g	12%
Total Sugars 3g	
Protein 7g	

Vitamin D 0mcg 0% · Calcium 44mg 4% · Iron 2mg 9% · Potassium 270mg 5%

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CUCUMBER GUACAMOLE BITES

PREP TIME: 5 MINUTES **TOTAL TIME: 5 MINUTES** **YIELD: 4 SERVINGS**

INGREDIENTS

- 2 cucumbers, sliced into rounds
- 1 1/2 cups guacamole
- 2 Tbs cilantro, fresh, chopped
- 1/4 tsp paprika

DIRECTIONS

Make

- Place guacamole in a small plastic sandwich bag. Push guacamole to one corner of the bag and twist the top to create a piping bag. Cut off just the tip of the corner.
- Squeeze guacamole onto rounds, garnish with cilantro and paprika.

Nutrition Facts

Calories per serving **184**

Amount/serving	% Daily Value*
Total Fat 14.9g	22%
Saturated Fat 2.2g	10%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 10mg	0%

Amount/serving	% Daily Value*
Total Carbohydrates 14g	4%
Dietary Fiber 8g	30%
Total Sugars 3g	
Protein 3g	

Vitamin D 0mcg 0% · Calcium 37mg 3% · Iron 1mg 5% · Potassium 715mg 15%

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RECIPES

Lentils are an excellent source of plant-based protein and easy to prepare.

WARM CARROT LENTIL SALAD

PREP TIME: 10 MINUTES **TOTAL TIME: 30 MINUTES** **YIELD: 4 SERVINGS**

INGREDIENTS

- 8 carrots, peeled and sliced on an angle
- 1 medium onion, sweet, chopped
- 1 Tbs olive oil
- 6 scallions, green tops only, chopped
- 2 cups lentils, canned, drained and rinsed
- 1 cucumber, chopped
- 1/4 cup pepitas, raw (pumpkin seeds)
- 1 cup parsley, chopped
- salt, to taste
- pepper, to taste

DRESSING

- 3 Tbs red wine vinegar
- 1/4 cup olive oil
- 1 tsp Dijon mustard
- salt, to taste
- pepper, to taste

DIRECTIONS

Prep

- Preheat oven to 375° F and line baking sheet with parchment paper.
- Peel and slice carrots and chop onion and scallions.

Make

- Place guacamole in a small plastic sandwich bag. Push guacamole to one corner of the bag and twist the top to create a piping bag. Cut off just the tip of the corner.
- Squeeze guacamole onto rounds, garnish with cilantro and paprika.

Nutrition Facts

Calories per serving **391**

Amount/serving	% Daily Value*
Total Fat 21.5g	33%
Saturated Fat 3.1g	15%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 137mg	5%

Amount/serving	% Daily Value*
Total Carbohydrates 39g	13%
Dietary Fiber 14g	54%
Total Sugars 10g	
Protein 14g	

Vitamin D 0mcg 0% · Calcium 111mg 11% · Iron 6mg 32% · Potassium 1099mg 23%

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