

## Myth busting quiz

Nutrition myths and misleading marketing can make informed and healthier choices a real challenge - this resource aims to clear up some of these myths!

To make this activity more fun, consider challenging your friends and family with the questions or perhaps discuss the answers with your neighbour.

### True or false:

1. All fat is bad for you
2. Carbohydrates can be stored as fat
3. Eggs are bad for blood cholesterol levels
4. Frozen vegetables are often more nutritious than fresh
5. The only way to lose weight is to skip meals and not eat
6. Eating five oranges in a day means you have had your 5-a-day
7. Apple cider vinegar supports weight loss
8. All fruit and vegetables have nutritional benefits, not just superfoods
9. Protein supplements are essential for building muscle
10. Detox diets are unnecessary and potentially harmful

Answers and explanations are on the following page.



## Answers:

1. All fat is bad for you

**False:** Dietary fat is neither good or bad. Some fats, such as trans-fats which are found in processed foods, should be avoided as they are unhealthy. Fats which are found in olive oil, nuts, seeds, oily fish and avocado help rebuild cells and give you energy and can help fight and prevent disease.



2. Carbohydrates can be stored as fat

**True:** Eating/drinking more calories (or more energy) than our bodies need from carbohydrates, protein, alcohol or fat, can lead to excess energy being converted into fat and stored in the body.

3. Eggs are bad for blood cholesterol levels

**False:** Eggs are a great source of low-fat dietary proteins, vitamins and minerals. Even though they contain a modest amount of cholesterol, this does not affect your blood cholesterol levels unless you have genetic hyperlipidaemia (diagnosed through your GP).

4. Frozen vegetables are often more nutritious than fresh

**True:** Most frozen fruit and vegetables are frozen shortly after being picked and can retain more nutrients and taste for this reason. Using frozen fruit and vegetables can also help reduce waste and save money, in addition to being great freezer staples for quick nutritious meals.



5. The only way to lose weight is to skip meals and not eat

**False:** Over-restricting what we eat can actually lead to weight gain in the long-term. Research shows us that long-term weight loss is more successful by taking a balanced approach and making small gradual changes. Regular balanced meals can support weight loss and help manage appetite.

6. Eating five oranges in a day means you have had your 5-a-day

**False:** To get the maximum benefits, you need to eat different types of fruit and vegetables, i.e. eat a rainbow! This is because different fruit and vegetables contain different combinations of fibre, vitamins, minerals and phytonutrients. Therefore, eating a variety provides the most health benefit.

7. Apple cider vinegar supports weight loss

**False:** There is little evidence to suggest that apple cider vinegar supports weight loss, so it is not recommended. If a product claims to support weight loss, look carefully at the research behind it. Always consult your healthcare team before using natural remedies, especially if you take medication. If it's promoted by a celebrity, they've probably been paid to do it!

8. All fruit and vegetables have nutritional benefits, not just superfoods

**True:** Restricting your diet to mainly so-called superfoods could mean that you are missing out on a variety of nutrients. These foods can also be expensive, particularly when out of season. Eat a variety of grains, nuts, seeds, fruits and vegetables to suit the season, your budget and healthy eating guidance.

9. Protein supplements are essential for building muscle

**False:** Protein supplements can be a convenient way to incorporate more protein into your diet. However, they are unlikely to help you build sustainable eating habits and should only be considered if you are struggling to include enough protein into your meals. So, in short – they are not essential!

We recommend a food first approach. Remember to aim for 2-3 portions of protein per day, from a range of sources e.g. meat, chicken, fish, tofu, soya protein, lentils, eggs. You may want to consider also incorporating high protein snacks to help boost muscle recovery if you are exercising regularly, e.g. yoghurt, quark or skyr, boiled eggs, apple/celery dipped in nut butter.



It's helpful to think of supplements as a medicine that help address a specific problem, rather than an everyday food item, even if they are marketed as such.

Speak to your healthcare team if you are thinking about taking a protein supplement.

10. Detox diets are unnecessary and potentially harmful

**True:** Juice-only diets, detox teas and enema cleanses are all forms of detox diets. These are unnecessary for a healthy adult and can not only be expensive but dangerous to your health. They can lead to nutrient deficiencies or imbalances and can promote a distorted relationship with food.



Your body has sophisticated ways to detoxify itself, through the normal functioning of your liver, kidneys, skin and lungs, making any 'detox diet' redundant.