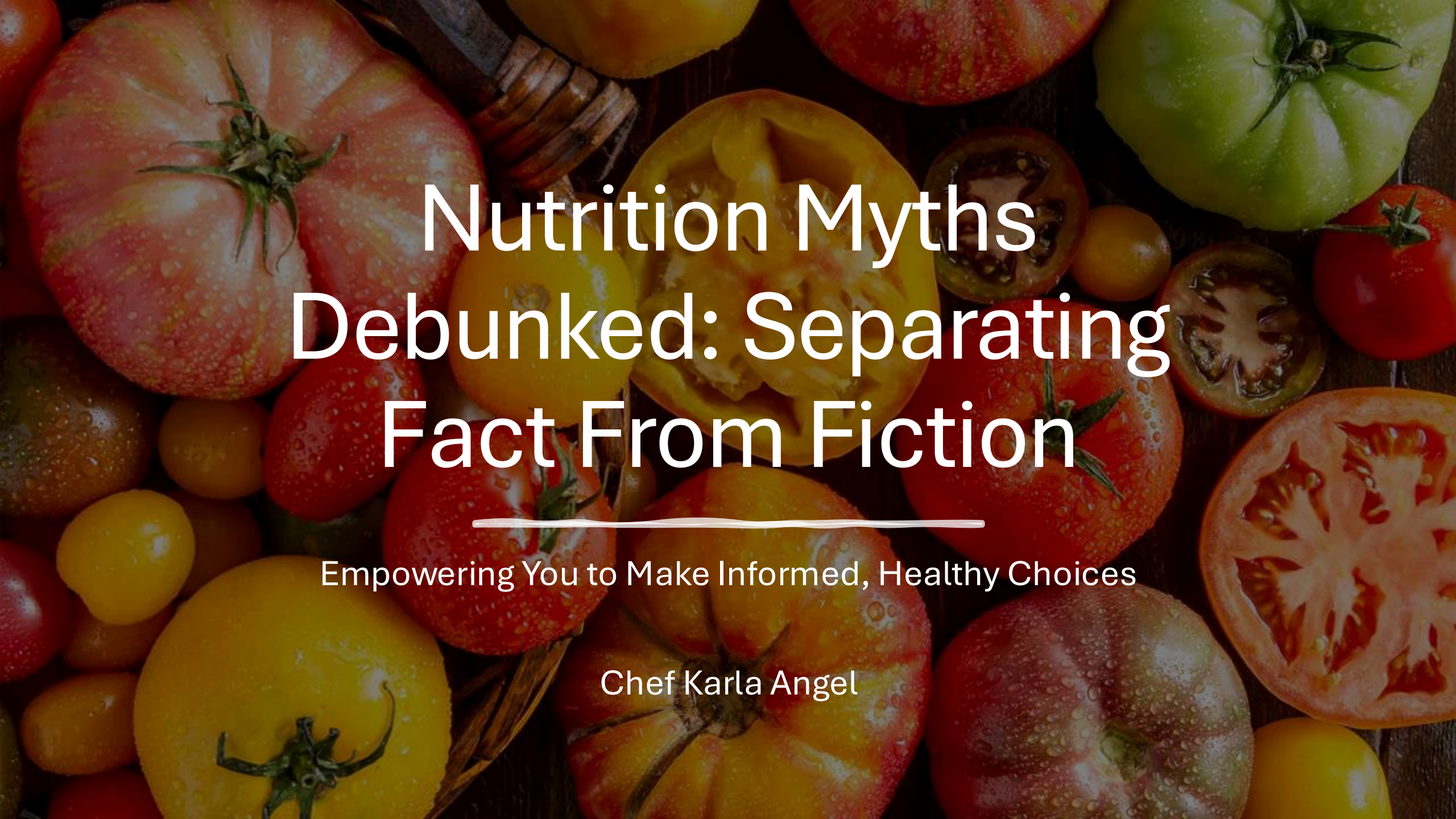




Nutrition Myths Debunked: Separating Fact From Fiction

Empowering You to Make Informed, Healthy Choices

Chef Karla Angel

In this Session....

- Bust common nutrition myths
- Share evidence-based truths
- Help you make confident healthy food choices

Let's separate fact from fiction!



Why Nutrition Myths Matter

The impact of misinformation

- Confusion leads to poor food choices
- Myths can cause unnecessary fear or restriction
- Accurate knowledge = empowered eating



FACT



FICTION

Myth #1: “Carbohydrates make you overweight”

Fact: Carbohydrates are a vital energy source.

- Excess *calories* cause weight gain
- Whole carbs like fruits, beans, veggies, and grains are nutrient-rich
- Simple carbohydrates (sugary, processed) are highly palatable leading to easily overconsuming.



Myth #2: “Fat is Bad For You”

Fact: Healthy fats support brain, hormone, and heart health.

- All fats are not created equally. Many fats (avocados, nuts, olive oil, wild fish, grassfed beef, etc....) are beneficial
- Trans fats, seed oils, and unhealthy saturated fats should be limited
- Fat helps absorb fat-soluble vitamins (A, D, E, K)
- Healthy fats increase satiety in meals.



Myth #3: “High Protein Diets are Harmful”

Fact: Most people benefit from adequate protein intake.

- Supports muscle, immune function, and satiety
- Regulates blood sugar
- Only harmful in extreme excess for people with kidney issues



Myth #4: You Need to Detox Your Body

Fact: Your body detoxes naturally.

- Aggressive detox diets can lead to binge eating post detox.
- Liver, kidneys, lungs, and skin do the job
- Some cleanses can be extremely low in nutrients and calories, causing fatigue, hunger, lack of performance.
- Support your natural detox pathways by properly hydrating, maintaining a healthy diet, dandelion tea, and sweating.



Myth #5: "Skipping Meals Helps you Lose Weight"

Fact: Skipping meals can lead to a long-term poor relationship with food and unsteady blood sugar levels.

- May lead to overeating later or low energy.
- Balanced meals help maintain steady metabolism.
- Focus on mindfully eating and portion control.

Myth #6: “Gluten Free is Healthier For Everyone”

Fact: A gluten free diet is only necessary for those with celiac or gluten sensitivity

- Whole grains with gluten (like wheat, oats, and barley) are nutritious.
- Gluten-free products can be highly processed and low in fiber



A collage of various frozen fruits and vegetables. At the top are several pieces of bright green broccoli. Below that is a layer of vibrant red raspberries. Under the raspberries are green peas. At the bottom of the collage are dark purple blueberries. The items are arranged in a somewhat overlapping, artistic fashion on a light background.

Myth #7: “Fresh is Better Than Frozen”

Fact: Frozen fruits, vegetables, meat, and fish can be just as nutritious—sometimes more.

- Frozen produce is picked at peak ripeness
- Convenient, cost-effective, and long-lasting.
- Watch for added sauces/sugars

Myth #8: “You Shouldn’t Eat After 7 PM”

Fact: Timing matters less than total daily intake

- Your body digests food no matter the time
- Quality and quantity matter most
- Avoid late-night bingeing, not eating altogether



Debunking Trendy Diets

Fads vs. Facts

- Keto, detox teas, intermittent fasting, celery juice cleanse—are they magic bullets?
- Look for:
 - Scientific support
 - Long-term sustainability
 - Nutritional balance
- Reminder: One-size-fits-all doesn't work in nutrition



How to Spot a Nutrition Myth

Beware of:

- Quick fixes
- Celebrity-endorsed claims
- Lack of scientific sources

Do:

- Check credentials
- Look for peer-reviewed research
- Ask a registered dietitian or healthcare provider



Know Better, Eat Better

- Nutrition is personal—listen to your body
- Focus on balance, variety, and moderation
- Don't fall for fear-based food advice
- You've got the power to make informed choices!

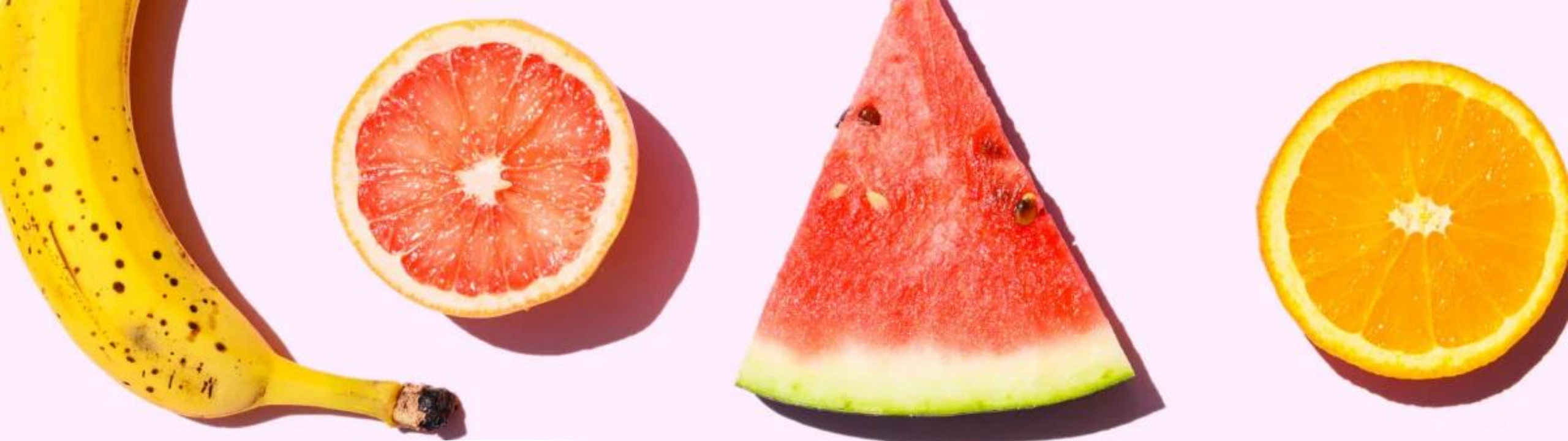


Q&A

Your Turn!

- What myths have you heard?
- Questions about specific foods or trends?





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Thank You!