



Healthy Food Myths Tip Of The Week

Dried fruit is not as healthy as fresh fruit.

False! As part of your healthy balanced daily meals, it is recommended that you eat at least five fruits and vegetables a day. It doesn't matter if they are fresh, frozen, canned, dried or juiced

Drinking ice-cold water uses up more calories and helps you lose weight.

False! Drinking water that is ice cold doesn't use up any more calories than drinking water at room temperature.

Choosing healthy food to eat is very limiting and it's boring, too.

False! It's true that we shouldn't eat too much of certain foods, or eat them too often, such as those that are high in fat or sugar. However, there are lots of interesting foods we should be eating more of, such as fish and fruits and vegetables. Remember, you are only limited by your imagination!

If you want the healthier option, it's best to choose a vegetarian dish.

False! Some vegetarian dishes contain a lot of fat, especially if they are made with lots of cheese, oil, pastry or creamy sauces, or if they've been fried. So, they aren't necessarily a healthy option.

Salads are always healthier options.

False! Salads can be healthier options. However, it is what you put on your salad, such as cheese, bacon bits, salad dressing, that can actually make your salad an unhealthy alternative. To have a healthy salad, you may want to leave off the cheese, the bacon bits, and the Chinese noodles.

In addition, you have to be careful what salad dressing you put on your salad. Many places now offer reduced-fat and low-calorie dressings, which can improve the quality of your salad.

It's OK to skip breakfast.

False! Breakfast is a very important meal. When we are sleeping, we are also fasting for an average of about eight hours. It is essential that we break this fast. Although people who skip breakfast catch up on their energy requirements later in the day, they're unlikely to get all the vitamins and minerals that a simple breakfast can provide. And, if we've missed breakfast, we are more likely to snack on foods that are high in sugar or fat by mid-morning.

Most of the salt in our diet is added at the table.

False! 75% of the salt in our meals comes from processed foods. Just 10-15% comes from the salt we add when we're cooking or at the table. So, if you want to cut back on salt than you need to cut back on processed foods.

For more information on Myths of Healthy Eating please log on to http://www.healthyarkansas.com/healthy_aging/nutrition_myths.html