

# NUTRITION MYTHS

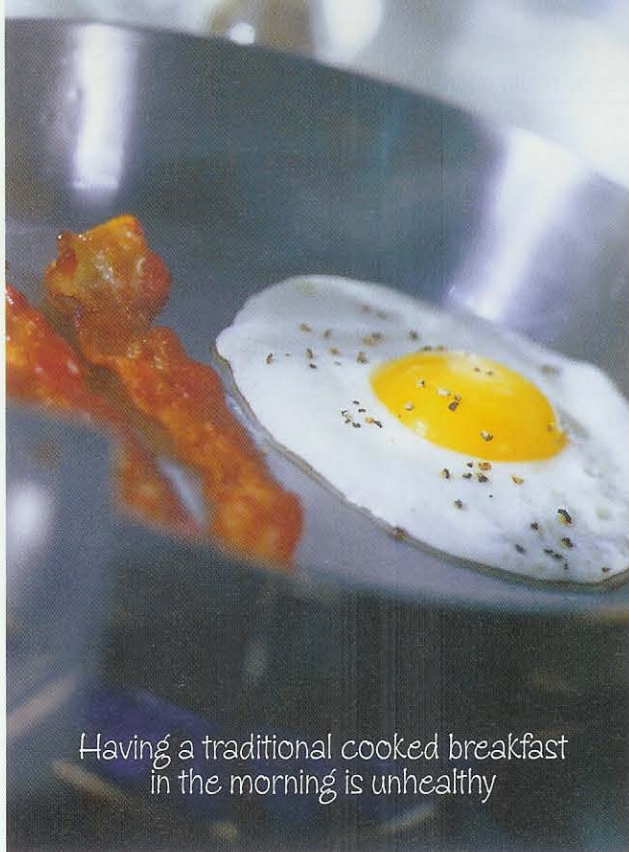
Do you believe every myth you hear? Or get worried when people say: "You shouldn't eat this or you should eat that?" Well, we're here to clear up all those myths, housewives tales and misconceptions, to leave you with the facts...and only the facts!

## Having a traditional cooked breakfast in the morning is unhealthy

A traditional breakfast can be healthy if you grill lean bacon, poach the eggs, and include baked beans, grilled tomatoes and mushrooms cooked without fat. Served with crusty health bread, you'll have yourself a delicious cooked breakfast that's healthy and balanced.

## Dried fruit is not as healthy as fresh fruit

As part of a healthy balanced diet we should eat at least five portions of a variety of fruit and vegetables each day, whether they're fresh, frozen, canned, dried or juiced. Dried fruit such as currants, sultanas, raisins, dates and figs provide energy in the form of sugar and are a good source of fibre. They also contain other vitamins and minerals, but not vitamin C, which is found in fresh fruit. A portion of dried fruit is one heaped tablespoon, which is less than a portion of fresh fruit because it's based on the equivalent weight of fresh fruit.



Having a traditional cooked breakfast in the morning is unhealthy

## Sprinkling lemon juice on the fat on meat dissolves it

This is a myth! Lemon juice, although a good source of vitamin C, won't dissolve the fat in fatty foods. The best way to get rid of the fat on meat is to cut it off or choose leaner cuts.

## Avocados are not a healthy choice

Avocados contain monounsaturated fat, which is an unsaturated fat thus it has a positive effect on blood cholesterol levels. As part of a healthy diet, it's important to reduce the amount of saturated fat we eat and replace it with unsaturated fat, as well as reducing the total amount of fat we eat. This means that avocados are a healthy choice. Although they are very healthy, they do contain fat, and eating too much of any food containing fat can lead to weight gain if the energy isn't used up through physical activity.

## Most of the salt in our diet comes from processed foods

True, about 75 percent of the salt in our diet comes from processed foods. Only 10-15 percent comes from the salt we add when we're cooking or at the table. On average adults eat about 9,5g's of salt a day. But we should try to cut this down to no more than 6g of salt a day for adults.

## Nuts are fattening and you should not eat them if you want to lose weight

This is a fact! In small amounts nuts can be part of a healthy weight-loss programme. Nuts are high in calories and fat. However, most nuts contain healthy fats that don't clog arteries. Nuts are also good sources of protein, dietary fibre, and minerals, including copper. So enjoy...but only in small portions. ■

