



Nutrition Nibbles

10 Nutrition Myths...Busted!

I LOVE lists! I haven't met a list I didn't like or couldn't use. To do lists, must see lists, top 10 lists... the list goes on. This month's newsletter contains a few fun summer lists for your use and enjoyment.

~Mary

You probably hear or see *at least* one nutrition myth daily. Common sources of these myths include friends, well-meaning family members, television, internet, emails, blogs, and magazines. Being in my profession I come across many nutrition myths daily. My usual inside source on these stories...is you! Here are a few of the most common ones I come across...busted.

1 Nutrients are lost when you cook food in the microwave.

Because microwave cooking requires less time and little water to cook, healthy vitamins and minerals are actually preserved in the process. Keeping your food covered while cooking (I like to use one of my everyday plates or a paper towel to top my microwave-safe dishes) keeps your food moist and enhances the natural flavors in food--a win-win situation for health and taste!

2 You can never eat too much protein. It's actually pretty

easy to meet your daily protein requirement. Most of us need somewhere between 40 and 70 grams of protein based on our weight. This is the equivalent of about 1 glass of milk, 1 egg, and a palm-sized amount of chicken in addition to our daily grains and produce. Taking in excessive amounts beyond this on a regular basis can lead to the production of ketones, or toxic bodily substances. This causes your kidneys to work feverishly trying to flush these ketones from your body and can cause dehydration, weakness, dizziness, and bad breath.

3 Corn has no nutritional value.

False! One ear of corn has 3 grams of heart and digestive-healthy fiber, plus a good source of carbohydrate energy for the body. Corn is rich in lutein and zeaxanthin which keep your vision sharp and potassium to help regulate blood pressure. Corn is a tasty, nutritional powerhouse!

4 Juice is just as healthy as fruit.

While juice can fit into a healthy diet, it is missing one vital substance--fiber. Fiber is the part of plant foods that we must chew and mechanically digest. When was the last time you had to "chew" your juice? Beware: juices often have added sugar and salt. It's always better to stick with

College Corner: Beat the Summer Heat

Here is a list of ways to keep your cool during the end of summer:

- **Chill out with a swim.** A great, low-impact cardio exercise, swimming is sure to refresh you.
- **Sip on flavored water.** No, not the kind loaded with sugar from the store. Make your own! Just squeeze lime juice into a tall glass of ice water and add a few fresh mint leaves to quench your thirst.
- **Snack on frozen grapes.** Wash a bunch of grapes, throw them into a ziploc bag and then in the freezer for a cool treat.
- **Create crisp salads.** Who wants to turn on the oven in this heat? Instead, combine fresh greens, sliced fruit, a small handful of your favorite nuts, and a lean protein source with a lowfat dressing for an easy, nutritious meal.

**Questions or Comments? Email me at
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10 Nutrition Myths Busted continued...

College Corner
continued...

the whole fruit or vegetable and limit your juice intake to 6 ounces or 3/4 cup daily.

5 Whole milk is the only kind with vitamin D. So many of my clients drink “vitamin D milk” for its nutritional value. Busted! All types of cow’s milk (skim, 1%, 2%, and whole) as well as soymilk contain added vitamin D to help your body better absorb and use the milk’s calcium. For heart health, make the switch to 1% or skim/nonfat.

6 Potatoes are bad for you. This myth personally hurts my feelings--I really like potatoes. In actuality, potatoes are a great source of energy, fiber (make sure to scrub and eat that skin), and vitamin C. They also contain more blood pressure-regulating potassium than a banana!

7 There’s no such thing as eating too much fiber. Believe me; you can eat too much fiber the wrong way! The current recommendation for fiber intake is 25-35 grams daily. If you eat more than this and don’t drink enough fluids, your stomach will be upset, bloated, and constipated. The key to upping

your fiber intake is to introduce fiber-rich foods like whole grains, fruits, veggies, beans, and nuts SLOWLY and to drink plenty of FLUIDS. Still feeling uncomfortable? Cut back and try again later at a slower pace.

8 Men and women need the same amount of calories daily. Unfortunately, this is usually false. Because men tend to be taller and have more lean muscle mass, their caloric requirements are at least a little higher. Women, if you want to eat more, exercise and strength-train to perk up your metabolism and increase your muscle mass.

9 The more water you drink, the better. Although rare, people can die from over hydration. How do you know if you’re adequately hydrated? Drink just enough to urinate often and look for pale yellow to clear-colored urine.

10 Women should have less than 10% body fat. Women generally contain 20-30% body fat (men 13-17%). We need that extra padding to support the growth of a baby--men do not.

- **Exercise in the morning before the sun beats down.** This helps you avoid heatstroke--don’t forget your water and sunscreen!
- **Add a cool, creamy yogurt to your lunch.** Pack in a chilling cup of bone-healthy calcium.
- **Make cold summer soup!** Search for “chilled soup” recipe ideas at: www.myrecipes.com

Your End-of-Summer To Do List

- Try one new outdoor activity, such as hiking, biking, swimming, or skateboarding.
- Go to your local farmer’s market.
- Complete a pantry purge, getting rid of old or unhealthy foods.
- Pick out one new and unusual fruit or vegetable to try. Lychee anyone?
- Experiment with a new BBQ recipe. How about grilled fruit?

- Stock-up on powerhouse snacks for school or work. Dried fruit, nuts, water, whole grain crackers, and string cheese are all tasty choices.

Favorite Food

Lots of people are curious about what dietitians eat when they are “off-duty.” This month, it’s been peaches. These juicy morsels have been my refreshing dessert.

Peaches are a very versatile fruit. They’re an excellent morning

cereal topper, tasty salad addition, easy on-the-go snack, and exotic barbecue accompaniment.

Look for peaches that are warm in color without any green. Don’t squeeze them too hard--you don’t want to bruise them. Peak peach season is July and August. Hurry!