

Myths of Modern Day Dieting

Weight Management Control Resources



MYTH:

You should
save your
calories for
dinner

- ✓ The truth is that those calories that you saved up throughout the day will probably be lost before the main course (drinks, appetizers, free bread etc.).
- ✓ The average appetizer is about 400-600 calories.
- ✓ Structured eating earlier in the day helps with portion control and cravings later in the day.



MYTH:

Muscle gains outweigh fat losses

- ✓ Muscle does weigh more than fat but it takes a lot of strength training to build a significant amount of muscle.
- ✓ Take your strength training routine to the next level and use different muscle groups to get past that plateau.



- ✓ Everyone is different!
- ✓ Make lifestyle changes that you are happy with or they will not last long.

MYTH:

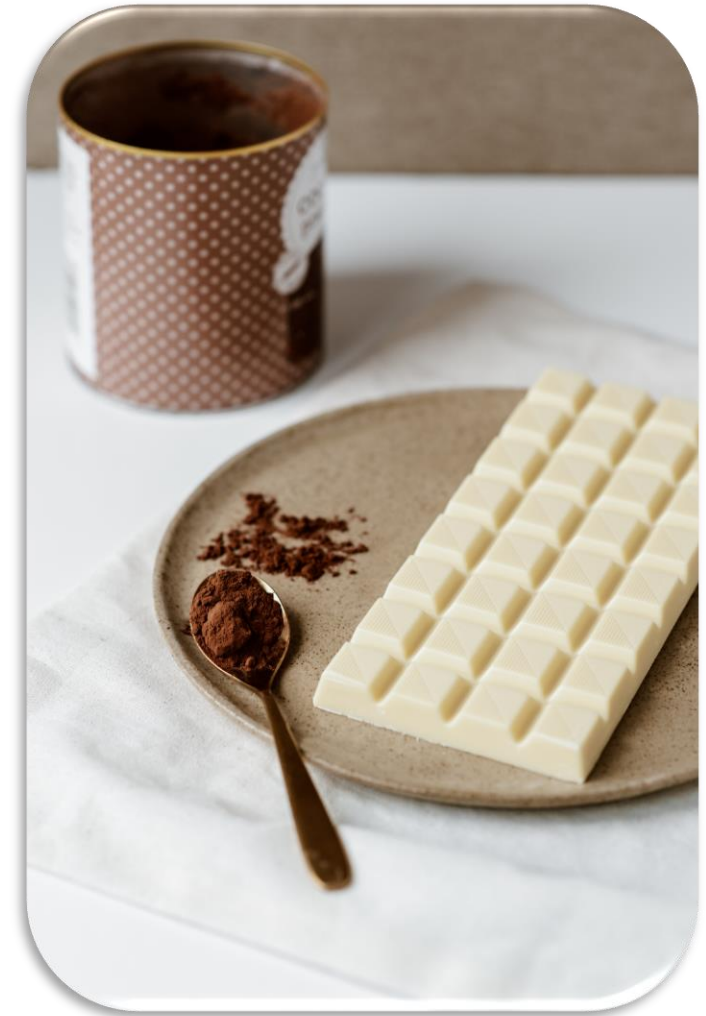
There is ONE
diet that is
best



MYTH:

Some foods
must be
forbidden

- ✓ Learn to have food in moderation so that when you do indulge that food isn't over-consumed.
- ✓ It may be realistic to cut out chocolate for a month but after that month is over how much chocolate do you think a chocolate-lover would consume?



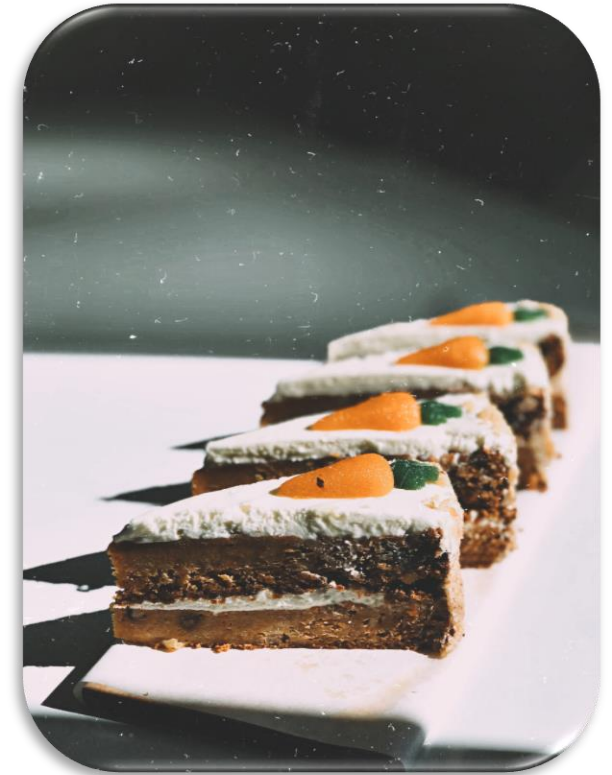


Item	Serving Size	Energy (cal)	Total Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sodium (mg)
Carrot Cake (US menu)	-	2173.1	127.0	45.0	21.0	240.0	1470.0
served with... Vanilla Ice Cream	-	171.0	9.2	5.3	2.6	19.7	78.9
Totals	-	2344.1	136.2	50.3	23.6	259.7	1548.9

MYTH:

Cheat days are wise

- ✓ One day of cheat foods can ruin your whole weeks' worth of effort. (Above – The Keg's carrot cake a la mode)
- ✓ Moderation is key.
- ✓ Ask yourself "Is it worth it?"



MYTH:

You can
outrun your
fork

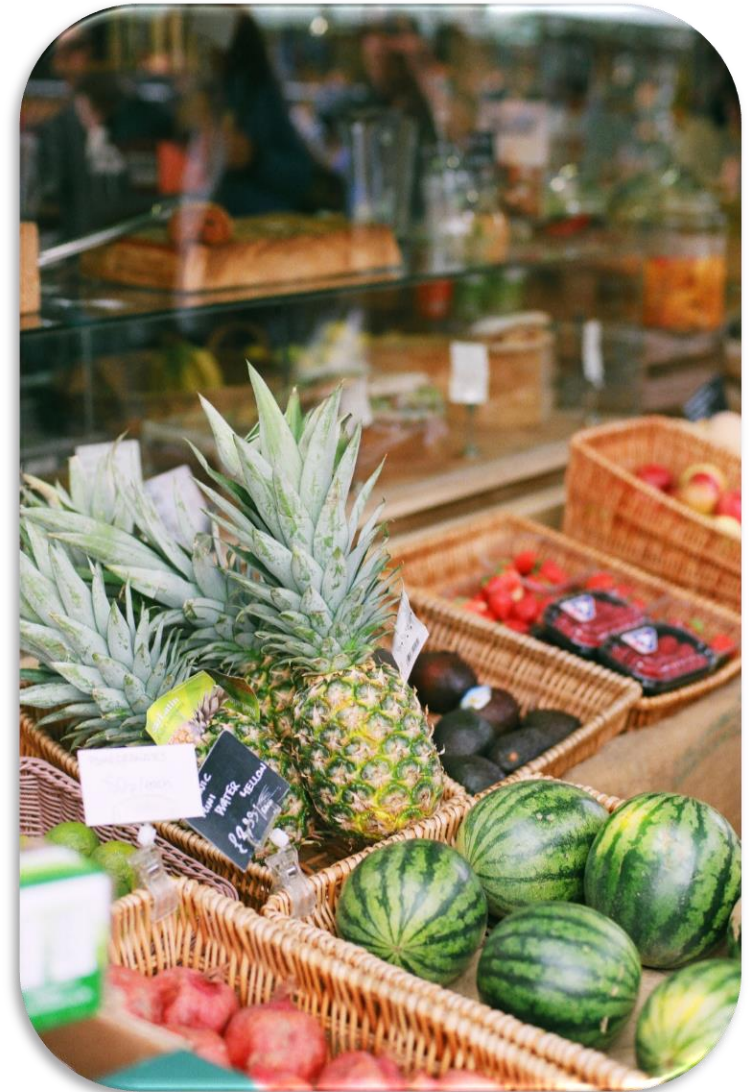
- ✓ It takes about 5 minutes to eat a Tim Horton's chocolate cookie – 240 calories.
- ✓ It takes about an hour and 15 minutes of moderate paced walking to burn 230 calories.
- ✓ Weight loss happens in the kitchen – not at the gym.



MYTH:

You should not eat unless you are hungry

- ✓ When we are hungry we tend to make less healthy food choices. We want fast, easy, convenience foods which tend to be high in carbohydrates, fat, sugar and sodium.
- ✓ We give into cravings more when we are hungry. Willpower becomes compromised.



MYTH:
Dieting must
be difficult

- ✓ If you are dieting in a way that makes you suffer, it likely will not last forever.
- ✓ Lifestyle changes must be realistic enough to be sustainable for the rest of your life.
- ✓ Finding balance between happiness and lifestyle change is important.



MYTH:

Scales
measure
health

- ✓ Although some football players may be considered overweight/obese they are more fit than many 'healthy' weight individuals.
- ✓ There is more to health than weight. Happiness and success are some contributing factors to overall health.
- ✓ Scales measure only your weight.



MYTH:

It is all about
willpower

- ✓ Since overweight/obesity rates are rising, does that mean there has been a global decline in willpower?
- ✓ We live in a fast-paced, convenience-food environment.
- ✓ Plan meals ahead, and schedule high protein and/or fiber snacks into the day.



- ✓ Eggs are a great source of **high-quality protein** and also contain iron, vitamins, minerals, and carotenoids (help fight blindness). One egg has only 75 calories but 7g of protein.

MYTH:

Eggs are bad
for us



MYTH:

All fats are bad

- ✓ Everyone needs fat! We just have to learn to choose the healthy kinds.
- ✓ **Healthy fats** are usually liquid at room temperature (for example olive oil compared to butter), and can be found in foods like avocados, nuts, seeds, and fatty fish like salmon.
- ✓ **Watch your portions though!** These foods are still high in calories.



MYTH:

Dietary
cholesterol
causes high
blood
cholesterol

- ✓ **Saturated fat and trans fats** have a much bigger effect on blood cholesterol. This is why it is important to read nutrition labels. Saturated fats are found mostly in animal products and by-products. Trans fats are found in fried and battered foods and food with long shelf life (like cookies and pies)
- ✓ Want an extra tip if you are looking to lower your bad cholesterol? Do more vigorous exercise!



MYTH:

Skipping meals can help you lose weight

- ✓ Skipping meals causes your body to **slow down its metabolism** to compensate for the lack of food, which means you are burning fewer calories! At the next meal, it is also common to overeat.
- ✓ A better approach is to **eat small, frequent meals and snacks** to keep your blood sugar balanced and to keep your metabolism running.

