

Diet myths that won't go away



Myths and misinformation about diet, digestion and metabolism exist despite having little scientific evidence to support the claims. Here are five common myths with some straight answers about how your body works.

1. You shouldn't eat carbohydrates at night

Carbohydrates are not more likely to turn into body fat when eaten at night. Although your metabolism slows in the evening when you sleep, your digestion doesn't. It's a matter of limiting total carbs to your own tolerance for the day that matters. Overeating at night is the real issue.

2. You need to snack regularly to boost your metabolism

Provided your total calorie count is the same, research shows that your metabolic rate will be the same, whether you eat three larger meals or six smaller meals a day. Snacking is a good idea if it helps you avoid being hungry between meals, and to provide adequate protein for weight loss.

3. You can't eat carbohydrate and protein at the same time

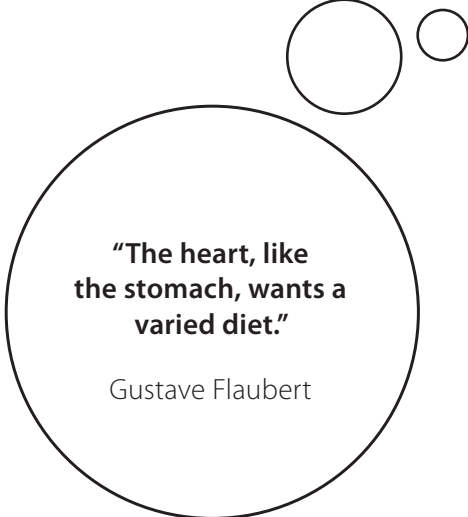
Our digestive system has enough specific enzymes to digest both carbohydrate and protein. If this claim was true, you wouldn't be able to eat meat and vegies, which contain both carbohydrate and protein. This type of diet also fails the practicality test.

4. Fasting cleanses your system

The opposite can be true. Going without food puts your body into starvation mode, which causes your metabolic rate to slow and cause calories and body fat to be conserved. The idea is to 'dejunk' rather than 'detox' your diet.

5. Fat-Free foods are 'Guilt-Free'

Snack bars, drinks or lollies that claim to be 99% Fat-Free often contain large amounts of sugar, which provide concentrated calories. These foods focus on fat being the worst nutrient when in fact sugar is the problem. These foods certainly aren't 'Guilt-Free' as the marketing suggests, so you might want to return the product for a refund! Better still don't buy them in the first place.

A graphic consisting of three circles of varying sizes. The largest circle is at the bottom and contains the quote. Two smaller circles are positioned above it, one to the left and one to the right, resembling bubbles or thought bubbles.

**"The heart, like
the stomach, wants a
varied diet."**

Gustave Flaubert