Debunking Diet Myths

The holidays tend to be a time where we all overindulge in food. Then, in the months following, we try to lose all of the weight we gained in preparation for Spring Break. There are so many dieting tips out there, and it is difficult to decipher what is myth and what is fact. The best thing you can do when you are trying to lose weight is to do some research beforehand. Remember that everyone’s body type and nutrition needs are different.

You may have to tailor a diet and workout regimen that best fits your lifestyle. What helped one person lose weight may not work for you. It is important to stay healthy while you lose weight and working out to the extreme or completely cutting out a food group may not be the best way to do it. Eating well and working out is a healthier way of life, not a temporary fix. Once you reach your goal, you’ll be able to maintain it with your new lifestyle.

Myth or Fact?

If I’m trying to lose weight, I shouldn’t eat anything after 8pm.

◆ Myth! Your body uses calories equally throughout the day, regardless of time. Having a snack high in protein before bed helps build muscle tissue! A pound of muscle tissue burns about 14 calories a day, while a pound of fat burns 2-3 calories.

Eating smaller, more frequent meals will help me lose weight.

◆ Myth! Your body composition and size affects your metabolic rate, not how often or how much you eat. Burning more calories than you consume is the key to losing weight.

Fat is not the enemy when trying to lose weight.

◆ Fact! A moderate amount of healthy fat may help you feel full and helps the absorption of vitamins. Canola oil, olive oil, nuts, and fish are all good sources of healthy fats.

Skipping breakfast is a great way to lose weight.

◆ Myth! People who eat breakfast eat fewer calories throughout the day.

Healthy Resolutions For The New Year

◆ Set realistic goals—Try creating an exercise schedule that you can stick to for 21 days. It takes 21 days to break a habit, or to create a new one. Make sure it doesn’t conflict with your new class schedule or any other activities you are involved in to reduce your stress.

◆ Create a food journal—This will allow you to keep track of your meals and help you maintain a balanced diet. Also, don’t focus on a diet. Instead, focus on creating new healthy habits that you will feel good about.

◆ Prepare your own food—College students tend to eat out frequently after the holidays and make poor nutritional decisions. Preparing your own food using fresh ingredients will save you calories, and money when trying to recuperate from holiday meals.

WELLNESS TIP

Healthy alternatives to soda include water, tea, low-fat milk, or a low-fat smoothie.

Question of the Month

Myth or Fact?
The best diet for everyone to follow is a gluten-free diet.

Email Diane at dodeh@fgcu.edu with the correct answer to enter into a drawing for $10 of Eagle Dollars!