

Potty Pointers

Snacking may keep me from becoming ravenously hungry and overeating at mealtime.

Fact: Healthful snacking—including carbohydrates and protein, like whole grain crackers with low-fat cheese or fat-free yogurt with fresh fruit—can help your body stay fueled so you will be less inclined to overeat at your next meal. But don't overdo it on the snacks; keep your portions small.

Eating too many carbohydrates causes weight gain.

Fiction: Calories are calories. Consume too many calories, from any source—carbohydrates, fat or protein—combined with a sedentary lifestyle, and you are more likely to gain weight. Despite the claims of “low-carb” weight-loss plans, a high carbohydrate diet doesn't cause your body to store fat by enhancing insulin resistance. Excess calories from any source are stored as fat.



Vegetarian diets are healthful.

Fact: A well-planned healthful vegetarian eating plan emphasizes fruits, vegetables, whole grains and fat-free or low-fat dairy or dairy alternatives and is low in saturated fats, Trans fats, cholesterol, salt and added sugars. Depending on the type of vegetarian diet, protein sources may include eggs, milk, cheese, yogurt, soy-based products, grain foods such as bread, cereal, pasta and rice, beans and nuts. With planning, most people, including children, can healthfully follow a vegetarian diet.

Eating sugar causes diabetes.

Fiction: Diabetes is caused by a lack of insulin in your body. Since foods that are high in sugar also are often high in calories, eating too much of those foods can lead to weight gain. Research shows people who are overweight and obese are at increased risk for diabetes.

1

For more information visit:

http://www.eatright.org/ada/files/Quiz_PDF.pdf