

## Weight Management Myths and Facts<sup>1</sup>

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We hear a lot of information about weight control. Unfortunately, it's often hard to tell what is fact and what is fiction. Take this short quiz to check how much you know about nutrition and weight management. Circle "myth" or "fact" for each statement.

1. Eating after a certain time at night leads to weight gain.

Myth      Fact



5. Every food can fit into a healthy eating pattern.

Myth      Fact

2. Eating high-carbohydrate foods will make you gain weight.

Myth      Fact

6. Low-fat foods are also low in calories.

Myth      Fact

3. Skipping meals is not a good way to lose weight.

Myth      Fact

7. Certain foods, like meat (high in protein) and potatoes (high in carbohydrates) should not be eaten together.

Myth      Fact



4. "Natural" weight loss products are a safe way to lose weight.

Myth      Fact

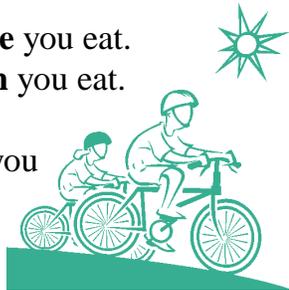
Now, turn the page over and check your nutrition and weight management IQ. ➡➡➡➡➡

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1. Eating after a certain time at night leads to weight gain. - **Myth**

It doesn't matter **what time** you eat. What matters is **how much** you eat. Weight gain is caused by eating more calories than you use each day, so be active to lose weight.



2. Eating high-carbohydrate foods will make you gain weight. - **Myth**

Eating too much of any food will lead to weight gain. Carbohydrate, protein, and fat are all stored in the body as fat if you eat more calories than you use. Carbohydrates are an important energy source for your body and are part of a healthy meal plan.

3. Skipping meals is not a good way to lose weight. - **Fact**

Skipping meals is not a good idea. If you skip meals, you're likely to overeat at your next meal. It's better to eat small, well-balanced meals throughout the day.

4. "Natural" weight loss products are a safe way to lose weight. - **Myth**



Products labeled "natural" may or may not be safe or even effective. Talk with your doctor or pharmacist before taking any weight loss product.

5. Every food can fit into a healthy eating pattern. - **Fact**

All foods **can** fit into a healthy eating pattern. Just keep **balance** and **moderation** in mind. For example, you can enjoy a small portion of your favorite high-fat, high-calorie dessert once in a while. Just remember to balance it out with lower-fat, lower-calorie foods.

6. Low-fat foods are also low in calories. - **Myth**

This may or may not be true. Fruits and vegetables are naturally low in both fat and calories. Low-fat and fat-free dairy products are lower in calories than the full fat versions. However, many low-fat and fat-free processed foods (like cookies) are high in sugar, which adds calories. Be sure to read the Nutrition Facts panel on the food label.



7. Certain foods, like meat (high in protein) and potatoes (high in carbohydrates) should not be eaten together. - **Myth**

There is no reliable science behind this idea. Our digestive system efficiently breaks down and absorbs nutrients from the food we eat, no matter how the foods are combined. The thought that certain food combinations increase metabolism is also a myth.