



## COMMON MYTHS SURROUNDING NUTRITION & FAT LOSS

### **Myth #1: Eating “carbs” will increase my body fat.**

Carbohydrates are classified as either simple or complex, with simple carbs being sugars, and complex carbs made up of the starch class. All carbs break down to glucose, or blood sugar. The hormone insulin is released in response to the amount of glucose circulating in the blood. Glucose is needed to fuel organ systems including the brain, heart, and kidneys. Additionally, it is stored in skeletal muscle and the liver in the form of glycogen, where it may be used for fuel later. If more glucose is available in the blood than is needed, insulin may convert it to a triglyceride (fat).

The human body can convert protein and the glycerol portion of a triglyceride to glucose if necessary, so there is no absolute requirement for dietary carbohydrate. The Food and Nutrition Board of the National Academies Institute of Medicine has recently set the RDA (recommended daily allowance) for dietary carbohydrate at 130 grams for children and adults. A cup of beans contains approximately 40 grams, a cup of rice 55 grams, and an 8 ounce sweet potato about 50 grams of carbohydrate.

**Translation:** *Glucose, which all carbs break down to, is necessary for the body to function. Although your body can produce glucose on its own by converting protein and glycerol, this does not mean that you must eliminate carbohydrates completely.*

*Myth Busted.*

### **Myth #2: I must eat fruit to be healthy.**

Fruit contains many antioxidants, vitamins, and minerals that contribute to optimal health, and most fruit is relatively high in fiber, but there is not one nutrient found in fruit that cannot be obtained from vegetable, legumes, and whole grains. Additionally, fruit is made of two monosaccharide's (sugar), fructose and glucose, which have the potential to be converted to a triglyceride (fat) in the liver. This does not mean fruit should be eliminated from the diet, but if your main goal is to reduce body fat, then limit fruit intake and consume more fibrous vegetables. A cup of most berries is about 60 calories, an apple 60-80 calories, and a large banana approximately 125 calories of simple carbohydrate (sugar).

**Translation:** *Contrary to popular belief, fruits are not a necessary factor in a healthy diet. Try substituting vegetables in place of a fruit to decrease your sugar intake. If you are unwilling to eat a variety of vegetable, do NOT remove fruit from your diet!*

*Myth Busted.*

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