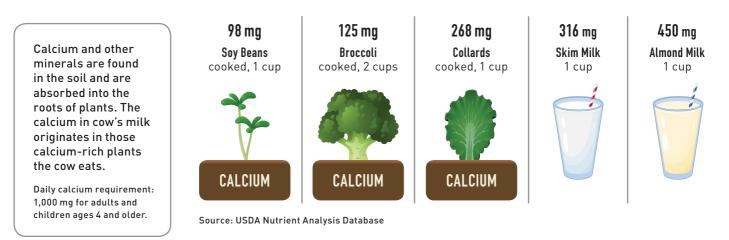




NUTRITION MYTHS

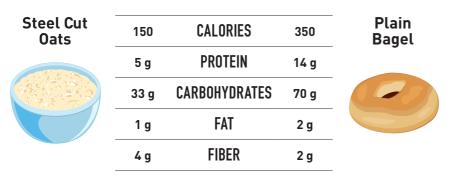
MYTH: You have to consume milk or dairy to meet calcium needs. FACT: Plants are the original source of calcium absorbing minerals from the soil.



MYTH: Carbohydrates are bad for you.

FACT: Not all carbs are created equal. Carbohydrates from vegetables, fruits, whole grains, beans, and legumes provide energy, essential nutrients, and are health-promoting carbohydrate choices.

Nutrient Dense = More Nutrition for Less Calories



There are many different types of carbohydrates. Your focus should be on choosing the right type of carbs, not getting rid of carbs altogether. Whole plants and unrefined whole grains are excellent carbohydrate choices that provide fiber, protein, vitamins, minerals, phytonutrients, and healthy fats. Carbohydrates are the body's preferred source of energy and the brain's only source of energy.

Source: USDA Nutrient Analysis Database

MYTH: Most people do not get enough protein.

FACT: The average person consumes too much protein.

How much protein do you need per day? 19-51+ years old* **56 g 46 g** *The general recommendation for protein intake is 0.8g/kilogram or 0.36g/pound.

The average adult person consumes 80 grams of protein per day – far more than is necessary! Excess protein is stored as fat and can lead to weight gain or prevent weight loss. Our bodies benefit from consuming mostly fruits, vegetables, whole grains, beans, and legumes to provide healthy sources and amounts of carbohydrate, fat, and protein.

Sources: https://health.gov/dietaryguidelines/2015/guidelines/appendix-7/ J Acad Nutr Diet. 2013 Dec; 113(12): 1610-1619.

MYTH: You need to eat animal protein to meet your protein needs.

FACT: Plants foods such as beans, lentils, nuts, whole grains, and veggies provide ample protein, as well as fiber and other essential vitamins, minerals, and phytochemicals not found in animal products such as meat, fish, poultry, eggs, and dairy.



Source: USDA Nutrient Analysis Database

The American College of Lifestyle Medicine (ACLM) is the nation's medical professional association for physicians, allied health professionals, healthcare executives, and those in professions devoted to transforming health and redefining healthcare through lifestyle medicine.

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