



# 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.

Calcium and other minerals are found in the soil and are absorbed into the roots of plants. The calcium in cow's milk originates in those calcium-rich plants the cow eats.

Daily calcium requirement: 1,000 mg for adults and children ages 4 and older.

**98 mg**  
Soy Beans  
cooked, 1 cup



**CALCIUM**

**125 mg**  
Broccoli  
cooked, 2 cups



**CALCIUM**

**268 mg**  
Collards  
cooked, 1 cup



**CALCIUM**

**316 mg**  
Skim Milk  
1 cup



**450 mg**  
Almond Milk  
1 cup



Source: USDA Nutrient Analysis Database

**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

Steel Cut Oats	150	CALORIES	350
	5 g	PROTEIN	14 g
	33 g	CARBOHYDRATES	70 g
	1 g	FAT	2 g
	4 g	FIBER	2 g



Plain Bagel	150	CALORIES	350
	5 g	PROTEIN	14 g
	33 g	CARBOHYDRATES	70 g
	1 g	FAT	2 g
	4 g	FIBER	2 g



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\*



\*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.

### PLANT PROTEIN

per serving

#### ADVANTAGES

- Fiber
- Phytonutrients
- Vitamins & minerals
- Low or healthy fat profile
- No cholesterol

15g  
Black Beans  
cooked, 1 cup



6g  
Almonds  
1 oz



5g  
Peas  
cooked, 1 cup



5g  
Baked Potato  
1 medium



5g  
Spinach  
boiled, 1 cup



### ANIMAL PROTEIN

per serving

#### DISADVANTAGES

- Cholesterol
- Saturated fat
- No fiber
- Higher in calories

6g  
Egg  
cooked, 1

20g  
Salmon  
cooked, 3 oz

25g  
Steak  
cooked, 3 oz

25g  
Chicken  
cooked, 3 oz

Eating minimally processed whole plant foods such as vegetables, fruits, whole-grains, legumes, and nuts lower the risk of diabetes, heart disease, cancer, and promote overall health.

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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