

Top 10 Nutrition Myths Busted Once and for All

A Diet ID Food Truths Webinar • July 27, 2022



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F A C K T E

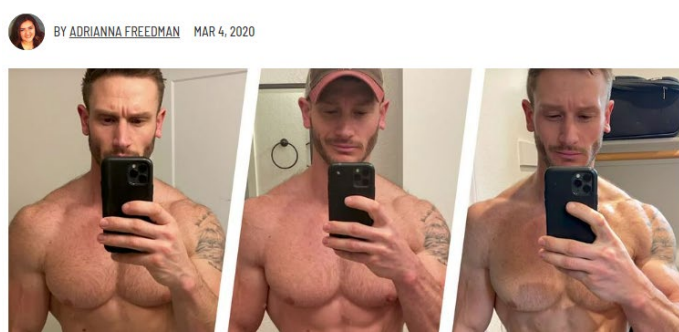
VicKeto
KETO BHB APPLE GUMMIES
DIETARY SUPPLEMENT

4 HOURS **6 HOURS** **8 HOURS**

SlimFast
ADVANCED NUTRITION
Smoothie Mix
20g HIGH PROTEIN
5g FIBER
24 VITAMINS & MINERALS

SlimFast
ORIGINAL
MEAL REPLACEMENT SHAKE MIX
24 VITAMINS & MINERALS
10g PROTEIN
5g FIBER

A 3-Week Low-Fat Keto Diet Experiment Helped This Guy Go From Lean to Shredded
Men'sHealth



Summer beauty must-haves
Starting at \$5.99

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This is a Miracle Drink To Reduce Belly Fat In Just 4 Days



Tips to lose weight fast in 7 days

- Eat 1 cucumber daily
- Drink 8 glass of water daily
- Walk for few minute daily
- Sleep 7 hours at night
- Add ginger and turmeric in food
- Skip sugary beverages
- Drink green tea daily
- Eat more vegetables
- Do skipping daily morning

- ▶ ACCELERATES WARM-UP AND RECOVERY TIME
- ▶ SHAPE YOUR BODY
- ▶ PROMOTES FIRMER SKIN
- ▶ ELIMINATES BELLY FAT AND HARMFUL TOXINS

MELT FAT FAST!
WITHOUT DIET OR EXERCISE

Powerful New Formula Triggers Fat-Burning Ketosis!

- Burn Fat for Energy not Carbs
- Release Fat Stores
- Increase Energy Naturally!
- Love the Way You Feel!



EELHOE
WORKOUT ENHANCER
Belly Fat Burner Sweat Enhancer
FRESH SCENT NON-STAINING COLORLESS
10g

The New York Times

EATING WELL; Doubts Cloud Rosy News on Soy

The New York Times

EATING WELL; For Soy, the Time May Have Finally Come

TIME

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Fasting Isn't Better for You Than Regular Dieting

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The Fasting Diet Improves Your Mood, Sex and Sleep

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Even one drink a day could be shortening your life expectancy

By Meera Senthilingam, CNN
Updated 10:29 AM EDT, Fri April 13, 2018



A drink a day linked to healthy aging

Anne Harding and Health.com
Updated 12:38 PM EDT, Wed September 7, 2011
Health.com




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An egg a day might reduce your risk of heart disease, study says

By Susan Scutti, CNN
Published 6:30 PM EDT, Mon May 21, 2018



Three or more eggs a week increase your risk of heart disease and early death, study says

By Susan Scutti, CNN
Updated 5:10 PM EDT, Fri March 15, 2019



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What is the difference between HDL and LDL cholesterol?

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Along with smoking and high blood pressure, raised blood cholesterol is one of the main risk factors for heart disease. People can reduce their blood cholesterol with a healthful diet, exercise, and medication.



Medically reviewed by [Elaine K. Luo, M.D.](#) — Written by [Jo Lewin R.N.](#) on April 12, 2018

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Total cholesterol to HDL ratios

The total cholesterol to HDL cholesterol ratio can help a person know if they are consuming enough good cholesterol and to limit sources of bad cholesterol. It can be measured by dividing the total cholesterol by the HDL level.

Ideally, the ratio should be below 4. The lower this number is, the healthier a person's cholesterol levels are.

Total cholesterol does fluctuate, so more than one blood test might be required for an accurate assessment. Levels can change following a meal, so sometimes a blood test will be taken first thing in the morning before a person has breakfast.

[Studies](#) suggest that the total cholesterol to HDL ratio is a better marker of the risk of heart disease than LDL cholesterol levels alone.

Non-HDL cholesterol

Another method of assessing cholesterol levels is calculating a non-HDL cholesterol level. This is measured by subtracting HDL cholesterol from the total cholesterol.

This method is considered to be more accurate by some doctors because it includes very low-density lipoprotein (VLDL) levels in the calculation.

Similarly to LDL cholesterol, VLDL cholesterol can also build up inside the walls of blood vessels, which is undesirable.

Ideally, a non-HDL cholesterol level should be [less than 130 mg/dL](#). A higher value than that increases the risk for heart disease.

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Harvard School of Public Health's free nutrition education resources
- **Tufts University Health and Nutrition Letter**
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- **Natural Medicines Comprehensive Database**
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- **Examine**
Independent nutrition education organization that evaluates and analyzes nutrition research
- **NIH Office of Dietary Supplements Fact Sheets**
Fact sheets about therapies, supplements, and conditions, for both consumers and pros
- **True Health Initiative**
Nonprofit org seeking and reporting the fundamental truths of health, sustainable living, and lifestyle

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**#1: Juice cleanses
are recommended
to detox the body.**



**#2: Coconut
oil is now the
healthiest oil.**



**#3: Eating
“clean” is the
most important
strategy for
health.**



#4: The keto diet is the best way to lose weight.



**#5: Carbs are
evil,
especially
grains.**



#6: Stone age diet – what was it really?



**#7: Vegans
need to be
extra mindful
about
protein.**



#8: For weight loss, working out is as important as diet.



**#9: Intermittent
fasting is the
best weight
loss strategy.**



**#10: It's
smart to
avoid toxins
like lectin.**

