



MYTH BLASTING!

Who do we call when we want to bust some diet myths? These experts!

NUTRITION EXPERTS WEIGH IN

IS IT BAD TO EAT AFTER 8 P.M.? DOES IT HINDER WEIGHT LOSS?

Bottom line: We gain weight when we eat more calories than we burn. That 400-calorie dinner doesn't suddenly become 600 calories after 8 p.m. Take it from Lisa R. Young. She says, "With people working late and going to the gym after work, if you eat a healthy dinner when you get home consisting of lean protein and lots of veggies, you won't gain weight." **Bonnie Taub-Dix wouldn't recommend eating a huge meal right before going to bed, and we agree...** Sleeping on a very full stomach could make for an uncomfortable night. If you're an evening snacker, skip the chips and cookies, and stick with healthy and satisfying foods like light cheese, yogurt, or popcorn.

ARE FROZEN FRUITS AND VEGETABLES AS NUTRITIOUS AS FRESH?

Freezer-aisle produce is convenient and often inexpensive, but does it pack the same nutritional punch? The experts give this query a resounding YES! Heather K. Jones says, "Frozen produce is harvested at the peak of freshness and oftentimes frozen within 24 hours of being picked." David Grotto says fresh veggies can actually lose their nutrients faster, meaning frozen could be more nutritious than fresh. **Stock up on those frozen fruits and veggies—it's a**

great way to make sure you always have healthy ingredients on hand. Just heed Robert J. Davis's advice to watch out for added sweeteners in fruit and added sauces in veggies. The only thing on the ingredients list should be the fruit or veggie itself.

IS ADDED FIBER AS GOOD FOR US AS NATURALLY OCCURRING FIBER?

Fiber supplements and packaged foods boosted with concentrated fiber are all the rage, but are they as effective as fiber-dense foods from nature? The experts are divided. While getting

all our fiber from whole foods is ideal, the fact is that most Americans don't get enough fiber, so supplements and added fiber can be helpful. But according to Davis, that **added fiber is processed and may not have the same nutritional benefits as the naturally occurring fiber in fruits, veggies, and beans.** Taub-Dix explains, "Beans, for example, also provide an array of vitamins, minerals, protein, and other important nutrients." So, should you buy those fiber-enhanced brownies? If you need a little boost, go for it, but aim to get the majority of your fiber from a variety of foods that naturally contain it.

ARE ORGANIC FOODS HEALTHIER THAN NON-ORGANIC?

According to Taub-Dix, "Studies have shown that organic is not any healthier, nutritionally speaking, than conventional foods." In fact, organic labels can have a "health halo" effect, making a product like organic brownies



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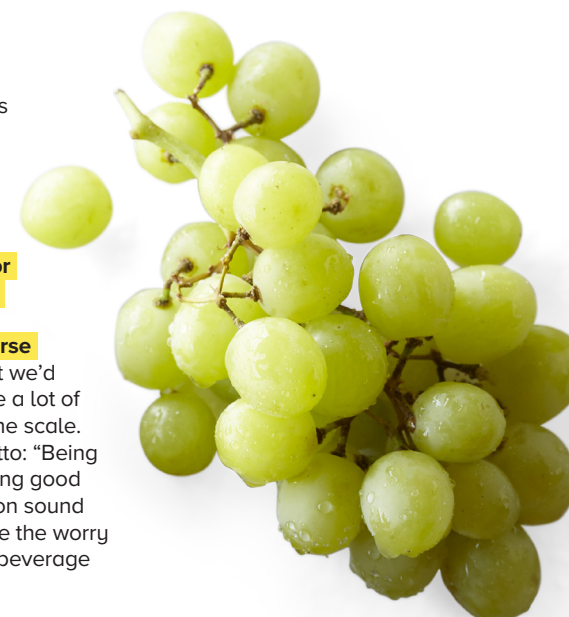
— BONNIE TAUB-DIX, MA, RDN, CDN

seem healthier than it is. Choosing organic produce can reduce exposure to pesticides, but, as Young says, **"Organic food is not necessarily healthier—especially if it's candy or cookies. Cookies are still cookies."**

SHOULD I WORRY ABOUT THE SUGAR AND CARBS IN FRUIT?

The experts urge us not to worry about any single food—just be mindful of your diet as a whole. But is the naturally occurring sugar in fruit the same as added sugar in cookies and candy? The panel agrees: The sugar from fruit isn't as "bad" for you because

fruit also delivers nutrients, like fiber, vitamins, and minerals. That said, **if we consume too many calories or too much sugar from any food, we could of course gain weight.** But we'd have to eat quite a lot of fruit for it to tip the scale. Take it from Grotto: "Being aware and making good choices, based on sound science, can take the worry out of food and beverage decisions."



Meet the Panel



ROBERT J. DAVIS, PH.D.
Robert (aka the Healthy Skeptic) is an author and the president of Everwell. His work has appeared on CNN, PBS, WebMD, and in the *Wall Street Journal*. His latest book, *Fitter Faster*, focuses on getting fit in just minutes a day.



DAVID GROTTO, MS, RDN, LDN, FAND
David is a past spokesperson for the Academy of Nutrition and Dietetics and the founder of Nutrition Housecall, a nutrition consulting firm. Presently, he is the Senior Wellbeing Manager for the Kellogg Company and author of two fantastic books: *The Best Things You Can Eat* and *101 Foods That Could Save Your Life*.



HEATHER K. JONES
A registered dietitian, health journalist, and wellness coach, Heather is the creator of Feel Better Eat Better, an online weight loss program for women. She's also the dietitian for Skinnytaste, a popular blog and lifestyle brand.



BONNIE TAUB-DIX, MA, RDN, CDN
Bonnie is a renowned nutrition consultant, spokesperson, columnist, and blogger. Her book *Read It Before You Eat It: Taking You from Label to Table* breaks down common food label terminology to help consumers make better choices. She's a motivational speaker and a health & wellness blogger for US News & World Report.



LISA R. YOUNG, PH.D., RDN, CDN
Lisa is an author, speaker, and internationally recognized nutritionist who's been featured in the *New York Times*, the *Wall Street Journal*, and more. She appeared in the award-winning documentary *Super Size Me*. Her latest book, *Finally Full, Finally Slim*, focuses on losing weight through portion control and mindful eating.

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— DAVID GROTTO, MS, RDN, LDN, FAND