Food Myths

• Myth: Zero Fat diets are the best.

   Fact: Some Fat is necessary in all diet

• Myth: Vegetarian diet does not build muscle

   Fact: Vegetarians derive Protein required for muscle growth in grain, pulses (dals) & Soyabean

• Myth: Giving up tobacco increases weight!

   Fact: Weight can only increase with additional food intake. Drink water when craving to eat becomes manifest

• Myth: Banana is fattening

   Fact: There is only half a gram of fat in banana. On the other hand, banana is a valuable source of potassium

• Myth: Diabetics should completely give up potato & rice

   Fact: Diabetics can eat these foods in moderation

• Myth: Dahi & sour food, astringent food & Bananas are “cold” foods inducing coughs & colds. Nuts, Dry Fruit & Honey being warm can cure common colds

   Fact: There are no cold foods or hot foods. Individual allergic reaction may produce symptoms.

The Big NO!

• Packaged Butter, Ghee, Vanaspati & many edible oils contain Transfats acids, which prolong shelf life of the product, but are bad for health. Trans fats increase the bad cholesterol in the body

• Avoid using oil over & over again for frying or cooking. When oil changes colour and becomes viscous, it is highly carcinogenic

• Use of coking soda removes Vitamin B from foods

• Chopped vegetables should not be left in water or exposed to air for long. They lose nutritive value.

• Don’t drink tea with your meal. The tannin in tea prevents absorption of minerals.

• Processed & tinned foods have excess salt (preservative) and fat content.

• When you cook food without a lid, food loses Vitamins.

• Do not add salt to food at the table.