

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.