



ELITE

Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

9/13/2021: Commonly Held Food Beliefs That Are MYTHS

Living your life fearing food is exhausting and unnecessary. Food gives us life. Food gives us fuel. Eating food properly should be enjoyable.

MYTH: Carbs are Bad

Excessive carbohydrates are bad. Carbohydrates coming from processed foods are bad. However, carbohydrates are necessary for your body's health. It's unfortunate that carbohydrates get a bad rap. We tend to associate carbs with weight gain, a spike in glucose levels and empty calories. However, carbohydrates are an essential part of a balanced diet, especially for active people.

MYTH: Dairy should be removed from your diet because it causes inflammation

While some people have a lactose deficiency and therefore have difficulty digesting dairy products, there is no research that links dairy use to systemic inflammation.

MYTH: Eating before bed is bad. The body will convert food into fat

Your body does not work this way. If you consume more calories than you burn in a day, you will gain weight and vice versa. Eating before bed will not make you fat.

MYTH: Red meat is unhealthy and will make you fat

Just like any other animal source, our choices should be lean. But this doesn't mean we should avoid eating red meat. Beef is an excellent source of protein and should be enjoyed.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Elite Personal Training and Fitness Solutions | 215-947-2099 | 1800 Byberry Rd # 703 Huntingdon Valley, PA 19006

MORE MYTHS

MYTH: Intermittent fasting is healthy and is a good way to lose weight

No, it is not. Intermittent fasting is a fad. Like all fads, this one will come and go. There is no quality research to support the claims of intermittent fasting. On the contrary, breakfast may be the most important meal of the day. After sleep, breakfast provides fuel for the brain and body. A healthy breakfast starts your day off right.

MYTH: Sugar is sugar. The source does not matter – sugar in fruit is equally as bad, so be careful how much fruit you eat

Absolutely not true. The fructose sugar in fruit has actually been shown to lower blood sugar levels in pre-diabetes and diabetes. Fructose is accompanied by fiber in the fruit, which allows for a slow and healthy rise in blood sugar. Yes, fruit has sugar, but it is also loaded with vitamins, minerals and antioxidants. The added sugar in processed food is accompanied by dangerous trans fats and many other additives, preservatives and chemicals.

There are many more food myths – but that's plenty for now

Living your life fearing food is exhausting and unnecessary. Food gives us life. Food gives us fuel. Eating food properly should be enjoyable. Rather than fad diets, contrived combinations of macronutrients and strange eating times, strive to eat in a sound, scientific and sustainable way. Eat well most of the time.



David Trumbore
PT, DPT, CSCI, CWT, CPI

Take-Home Message

Reach out to all food groups to get your nutrients. Reach out to us for help – we are here for you!

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