

Top 6 Diet Myths: What you think you know could be sabotaging your diet

(Bellingham, WA) - Everyone knows a little knowledge can be a dangerous thing – especially when deciding what to put into your body. That's because many nutrition "facts" commonly stated as gospel truth are actually diet myths, and believing them can throw your diet and nutrition plans way off track.

Diet myths gain credibility partly through repetition, according to nutrition expert Gloria Tsang, RD. "I hear the same diet myths repeated over and over as fact," said Tsang, who founded online nutrition community www.HealthCastle.com in 1997.

"But these myths are just that – myths – and believing them will only sabotage your ability to make healthy diet decisions," Tsang said.

She debunked these Top 6 diet myths:

- 1. Brown sugar is better than white sugar: Myth!** The brown sugar at grocery stores is nothing more than white sugar with added molasses.
- 2. Brown eggs are more nutritious than white eggs: Myth!** Eggshell color has nothing to do with egg quality. It varies depending on the breed of the hen.
- 3. Avoiding shellfish helps lower blood cholesterol: Myth!** The dietary cholesterol in seafood has little effect on blood cholesterol. Blood cholesterol is raised by eating saturated fats and trans fatty acids found in deep-fried or processed foods.
- 4. Cutting carbs helps you lose weight: Myth!** You will lose weight at the start of a low-carb diet, but it's water weight lost by tricking your body! Real weight loss can only come from reducing calorie intake or increasing calories burned.
- 5. Skipping meals saves calories: Myth!** When you skip a meal, your body thinks you're in starvation mode and slows down the metabolism. Plus, you're likely to overeat at the next meal.
- 6. Red meat is bad for you: Myth!** Red meat can contain saturated fat. However, chicken with skin contains more saturated fat than a lean cut of beef or pork!

Embracing diet myths won't help you lose weight or have a healthier diet. In fact, they can lead you to make bad diet decisions. Simple, nutritious eating is always the best way to lose weight and stay healthy. More healthy eating tips and exclusive nutrition guides written by registered dietitians are available at www.HealthCastle.com.

Note to Editor: Gloria Tsang, RD is available for interview.
Contact Tracey Johnston, media@healthcastle.com, 1-800-941-8852 ext 706.