

# Top 6 Myths About Food

## #2 Cooking With Olive Oil

Olive oil is a delicate oil that shouldn't actually be heated at all. Olive oil is used in cold salads, pasta dishes, dipping bread in and for making dressings.

My suggestion if you are cooking anything on high heat, is to use coconut oil, grapeseed oil or even a little organic butter.

## #3 Eating Fat or Carbs Makes You Fat

Eating too much of one thing in a food group will. You can still over eat protein and gain weight, its just a little bit harder. Carbs and fats have more calories and are way more addicting thus why people can't put them down.

## #4 Being Healthy Means Being Skinny

Being skinny and not healthy vs someone with a little more weight who works out and actually eats the right food. If you eat poor nutrition even if your calories are up to par, it does not deem your internal body as fit and healthy.

## #1 Gluten Free and "Organic" labels

Gluten free products are typically made with added sugars, starches to make the food more palatable. Really watch your nutrition label with this one.

The word organic is actually part of the manufactures name to entice you to buy it. If it is truly organic it should have an organic stamp on the back of the packaging.



## #5 Weight Loss Pills Will Keep The Weight Off

The sad truth about fat burners and weight loss pills is that they actually back fire on you. Your body will lose the weight temporarily but eventually once you come off them your metabolism will change wanting to create homeostasis again. We all have a pre-set weight our bodies like to be at.

## #6 Fruit Drinks Are Healthier Than Pop

We actually gain more weight from syrupy lattes, sports drinks, juices and pops than any other food that we eat. Reason being is most people do not count them as daily food allowance. Drinks still have fats, sugars and a whopping amount of carbs and calories in most.