GET THE FACTS

Common myths about nutrition dispelled
MYTH
Healthy foods like fruit are expensive.

FACT
Buy in-season produce to keep costs low
On average, these fruits are <$1 per serving:

- Strawberries
- Kiwi
- Grapefruit
- Peaches
- Grapes
- Mangos
- Plums
- Pears
- Oranges
- Apples
- Bananas
- Watermelon
MYTH
Carbs make you gain weight.

FACT
Every individual has a unique caloric demand based on the calories needed for normal body function + physical activity. Calories consumed in excess of this caloric demand regardless of the energy source leads to weight gain.
MYTH

I don’t have time to eat a healthy breakfast.

FACT

Breakfast can be as simple as a whole-grain cereal topped with fruit or a left-over slice of pizza + orange juice.

In a rush?
Pack a banana, a bag of trail mix and a carton of milk the night before.
**MYTH**

Fat burners and other weight loss supplements are safe and effective.

**FACT**

Side effects of fat burners include heart palpitations, high blood pressure, anxiety or irritability, tightness in the chest and even heart attacks. In addition, supplements are not regulated by the FDA.
MYTH

Low-Carb diets are a safe, effective way to lose weight.

FACT

Low-carb diets cause the body to metabolize glycogen stored in muscles which robs the body of lean muscle mass and water. Other side effects include weakness, nausea, constipation, & irritability.
MYTH
It's impossible to eat healthfully on campus.

FACT
Nutrition information for campus dining can be found online at www.dineoncampus.com/fau
Use this information to plan ahead for healthy meals.
Healthy Tips:

• Choose grilled over fried
• Fill your plate with fruits and veggies first
• Plan meals ahead of time
• Check out the vegetarian/vegan lines
QUESTIONS?
Check out these helpful resources

www.choosemyplate.gov
www.dineoncampus.com/fau

Want FREE 1-on-1 nutrition advice?
Make an appointment with the campus dietitian
bakere@fau.edu  |  (561) 297-4512  |  www.fau.edu/campusrec
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