



# SUPER SPOOKY NUTRITION MYTHS

Will the food I eat after 8 pm turn to fat?

FOCUS ON HOW YOU EAT AFTER 8 PM INSTEAD.

Fresh is best, right?

CANNED AND FROZEN STUFF COUNTS TOO!

Does fruit have a ton of sugar?

NATURALLY-OCCURRING SUGAR IS LESS OF A CONCERN.

Is HFCS way worse than regular sugar?

ADDED SUGAR IS ADDED SUGAR.

I don't use a salt shaker. I'm good, right?

SODIUM IS IN A LOT OF FOODS YOU WOULDN'T SUSPECT.

Will a gluten-free diet make me healthier?

IF YOU HAVE A MEDICAL CONDITION, THEN YES.

Should I eat fat-free stuff?

FAT-FREE CHEESE DOESN'T MELT.

Are carbs bad?

IS THE SKY GREEN?

