



SUPER SPOOKY NUTRITION MYTHS

Eating after 8 pm causes weight gain.

FOCUS ON WHAT AND HOW MUCH YOU EAT OVER TIME.

Fruit is bad because it has a ton of sugar.

NATURALLY-OCCURRING SUGAR IS LESS OF A CONCERN.

If you don't use a salt shaker you don't have to worry about sodium.

MOST OF THE SODIUM WE EAT IS HIDDEN IN OUR FOODS.

Fat-free and low-fat foods are good options.

1992 CALLED AND IT WANTS ITS NUTRITION ADVICE BACK.

Organic foods are healthier.

THE EVIDENCE WE HAVE TO DATE DOESN'T POINT TO A DEFINITIVE ANSWER.

You should always eat fresh produce.

CANNED AND FROZEN STUFF COUNTS TOO!

HFCS is way worse than regular sugar.

ADDED SUGAR IS ADDED SUGAR.

Everyone should go gluten-free.

ONLY IF YOU HAVE REASON TO BELIEVE THAT GLUTEN TRIGGERS SYMPTOMS.

Carbs are evil.

IT'S ALL ABOUT THE QUALITY AND QUANTITY OF CARBS YOU EAT.

You should drink 64 oz of water a day.

NO ONE KNOWS WHERE THIS ADVICE CAME FROM?

