

Myths and facts about healthy eating

Zero fat diet or going on a fat free diet is very healthy:

Fact: Fat is an essential component of a healthy diet. One needs to include fats daily in the diet as it helps in absorption of fat soluble vitamins, forms the sheath of our vital organs like heart, brain, spinal cord and above all fat gives satiety

Eating one or two meal a day helps in weight loss.

Fact: Starving or keeping fast for too long periods reduces the metabolic rate(BMR) which leads to weight gain rather than weight loss. So to achieve a healthy weight loss, have small frequent meals.

One can take as much of vegetable oil as it is healthy

Fact: Vegetable oil has the same amount of calories as ghee or butter hence one needs to be restrict the quantity as too much of fat in the diet increases blood cholesterol/ bad cholesterol.

Nuts are very fatty and not good for heart patients:

Facts: Nuts like almonds and walnuts are very healthy and in fact are recommended for diabetics and heart patients as they are high in healthy fats(MUFA and omega 3 fatty acids) and also good source of fiber and protein . One should include nuts in the diets daily, ideally 10-15 in number and preferably as a midmorning/ mid evening snack.

MYTH: You must avoid sugar at all costs.

Fact: Calories come from carbohydrates, protein and fats. Carbs constitute 50-55% of total calories, out of which 10% of calories can come from simple sugars provided the diabetes is under control and also the sugar is not taken alone but in combination with a healthy meal. The key when eating dessert or a sweet treat, is to make sure that it is part of a healthy meal plan, or combined with exercise.

MYTH: A high-protein diet affects the kidneys.

Fact: On the contrary Proteins are must for growth, muscle regeneration and also provide satiety. A healthy diet must include protein, carbohydrates, and fats. One must have 1 gm per kg body weight of protein per day which is approx 50 to 60 gms /day.

MYTH: You have to cut way down on carbs.

Fact: Carbohydrates form the basis of ones diet comprising of 50-55% of total calories. The serving size and the type you eat are especially important for carbohydrates. Carbs come in two forms the good ones(whole wheat, dahlia, oats etc) and the bad ones(simple carbs like sugar, refined flour, bread etc). Focus on whole grain carbs since they are a good source of fiber and they are digested slowly, keeping blood sugar levels more even.