



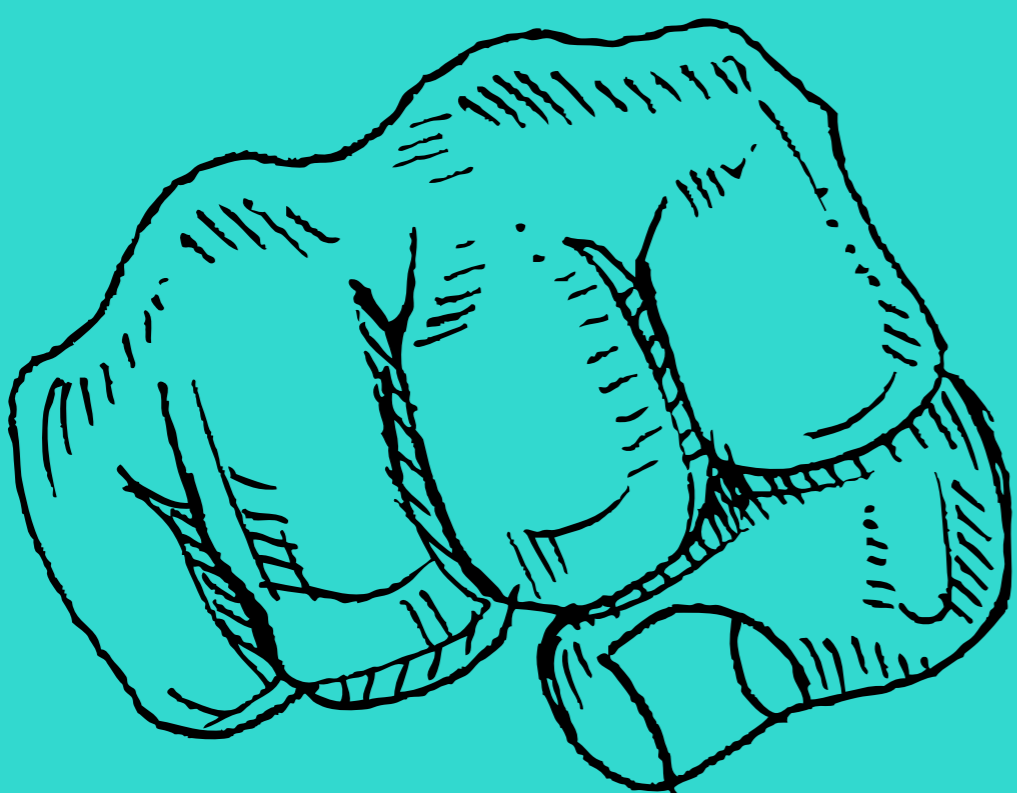
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**CALORIESANDCARBS**

**NUTRITION**

**MYTHS**

**BUSTED!**



**ALANA MC CONALOGUE**



! TO LOSE FAT YOU SHOULD EAT SMALL MEALS OFTEN



Although digestion does slightly increase your metabolic rate, meal frequency has less effect overall in comparison to your total daily calorie intake.

Studies have shown that when calories are controlled, there is no difference in metabolic rate (24 hour energy expenditure) between two groups with low & high frequency meals, and that there are no changes in weight loss at the end of the trial periods.

What actually tends to happen when people eat small and often is that they don't ever feel quite full enough and end up eating over and above their calorie goal for weight loss.

Bottom line:

Make sure you are in a calorie deficit if weight loss is your goal. Eat according to your lifestyle & preference whether that is 3 meals or 10 meals!

2



BREAD IS BAD!



Bread has gotten a bad name over the years, especially for those who are trying to lose weight. There is this fear associated with it that I kind of get, but wish people would understand more about.

The gluten in bread seems to be the main culprit recently with everyone assuming that gluten is bad for all!

In people with intestinal disorders, yes, small amounts of gluten can produce symptoms - fair enough.

Exclude those who suffer with celiac disease and it's actually been found that gluten isn't actually to blame, in those with IBS particularly.

Compounds under the FODMAPS group (found in lots of plant foods) may be a greater problem.

Bottom line:

Unless you suffer with digestive issues when eating bread, have IBS or celiac disease, there's really no reason why you should avoid bread or any other carbohydrate such as rice, pasta etc.

3.



TOO MANY EGGS GIVE  
YOU HIGH CHOLESTEROL



Eggs have been in the spotlight for a while now, mainly due to the yolk. When in fact the yolk is the part that is packed full of nutrients. It also contains cholesterol, which is what makes people worry.

Eating food high in cholesterol does not mean there will be an increase in your blood cholesterol. Again, unless you have a pre-existing condition, eggs are a great source of protein, fat & nutrients that you should include in your diet.

Of course, there are times when I use only egg whites when cooking, but that is solely due to the fact that I track my macronutrient intake daily, and I may have already reached my fat intake that day, which is why I leave the yolk out

Bottom line:

Unless you suffer with digestive issues when eating bread, have IBS or celiac disease, there's really no reason why you should avoid bread or any other carbohydrate such as potatoes, rice, pasta etc.



# EATING FAT MAKES YOU FAT



Although it sounds logical that if you eat foods high in fat, you will gain weight in the form of fat - that is not the case.

Similar to consuming cholesterol in the diet & that not equating to high blood cholesterol, it's the same with fat. Avoiding fat completely can be quite detrimental to our health. Our bodies need to consume both omega-3 and omega-6 fatty acids through diet.

Saturated fat has particularly been given a bad rap in the media recently, as it was claimed to be a cause of cardiovascular disease.

It is the quality of food that we should be looking at instead of just the saturated fat content alone, as there is a big difference in eating whole, natural products with saturated fat in comparison to processed junk food full of saturated fat. Eating reasonable amounts of saturated fat from foods such as coconut oil, grass-fed red meat etc., is not only safe, but healthy. Low fat diets, avoiding fats can be harmful to testosterone production, which can be detrimental to men who have intense training programmes, as well as women needing adequate fat to make the hormones necessary for a naturally fired up metabolism and sex life.

## Bottom line:

Our hormones need fats in our diet! Prioritise omega-3 fats but don't avoid any fats that come in the form of good, wholesome foods.

5.



## PROTEIN POWDER MAKES YOU BULKY



The majority of people nowadays are actually under-eating when it comes to protein, without realizing it. When someone begins to train, especially adding resistance training, they are told to increase their protein intake. One way to do this, if you cannot get enough protein daily from food alone, is by adding a protein powder to your diet. This can be daunting when you see big muscular men in the gym downing a protein drink & worrying you will look like them! That's not how they got big & muscular, as I am sure they would agree, it takes a lot more than protein to do that. However, you do need to increase your protein intake when you train in order to build & repair lean muscle. Protein also leaves you feeling fuller for longer, which is why it helps people who want to lose weight, by prolonging the feeling of hunger. Aim for around 1.5-2g protein per kg of body weight. To put that into perspective, a regular chicken breast contains around 25-30g protein. If I weigh 70kg, I want to be eating around 105-140g protein per day depending on my training.

### Bottom line:

If daily protein targets are achieved through dietary protein alone, supplementation is unnecessary. If you struggle to meet daily protein targets, a protein powder is a convenient & cheap way to help with this.

6.



## FASTED CARDIO IS BEST FOR FAT LOSS



Usually fasted cardio consists of steady state cardio and not HIIT, sprints or weight lifting. This is due to the intensity as you are more likely to underperform in the latter if you are in a fasted state.

Energy expenditure is similar when you do either fasted or fed cardio, neither is substantially better at burning energy than the other.

There is very little difference overall between fed and fasted cardio with regard to fat loss, muscle preservation, daily calorie expenditure and metabolic rate.

It comes down to the individual and whether or not they feel more energetic on an empty stomach or not.

### Bottom line:

If you do feel better doing cardio fasted and you prefer it - perfect! Stick to it if it works for you.

If you find you feel sluggish and faint when you do fasted cardio then you should probably avoid it and have something light to eat beforehand - simple!



## 7. OVERCONSUMPTION OF PROTEIN HARMS YOUR KIDNEYS



The evidence is quite clear that if you don't have kidney problems then eating more protein (up to 3-4g/kg bodyweight) is NOT going to damage your kidney function. The World Health Organisation (WHO) as well as the American and Canadian DRI reports show this.

With the myth regarding bone health as well, provided you already get enough calcium and vitamin D - protein has actually been shown to enhance bone formation and will not promote bone loss.

### Bottom line:

Basically, if you DO NOT have problems with your renal health/kidneys then there is nothing to worry about when it comes to protein consumption. Especially as the average person is usually on the lower end of the protein intake rather than the higher end.

Protein is needed for growth and repair of our muscles and consuming adequate protein can help to keep up feeling satiated which, in turn, works well for those trying to lose fat in a caloric deficit. This is due to the thermic effect of protein being higher than carbs & fat.



8.



TO LOSE FAT, YOU  
SHOULDN'T EAT  
BEFORE BED



Often when people snack before bed it is out of habit, and not because they are hungry. These are extra calories that aren't needed!

Another reason people tend to eat later at night is when they are staying up late to study/work or even just watch tv.

Usually this is in order to get energy to stay awake rather than hunger.

Sugary snacks are often the go-to snacks that people reach for when in need of some energy, which again means extra calories more often than not.

Again, it comes down to your overall daily calorie intake rather than the time of the day that you choose to eat.

Bottom line:

Eating late won't make you fat, unless it drives you to eat MORE!

9.



## YOU SHOULD DETOX YOUR BODY REGULARLY



What does this even mean?!

Okay so I'm sure you've heard of plenty of brands that promote 'detoxing' the body of all the harmful toxins - yet never actually naming these so-called harmful toxins...Hmm

Anyway, they normally have some form of supplement as well as limiting foods to plant based juices.

2009 research showed that 10 different companies couldn't actually name the toxins they were saying their product rids your body of..

Toxins are plant or animal-based substances that are poisonous to humans. However, for lots of detox gurus, 'toxins' include everything synthetic, right down to preservatives - not just pollutants / pesticides...

### Bottom line:

The liver, lungs and kidneys alongside other organs work round the clock as our natural detoxifiers. They remove harmful substances and excrete waste products of metabolism so you have nothing to worry about!

Don't fall for these fads, especially if you think they are a good way to lose weight fast! You'll likely regain any weight you lose & more.

10.



## DIET SOFT DRINKS GIVE YOU CANCER



Because aspartame, right?

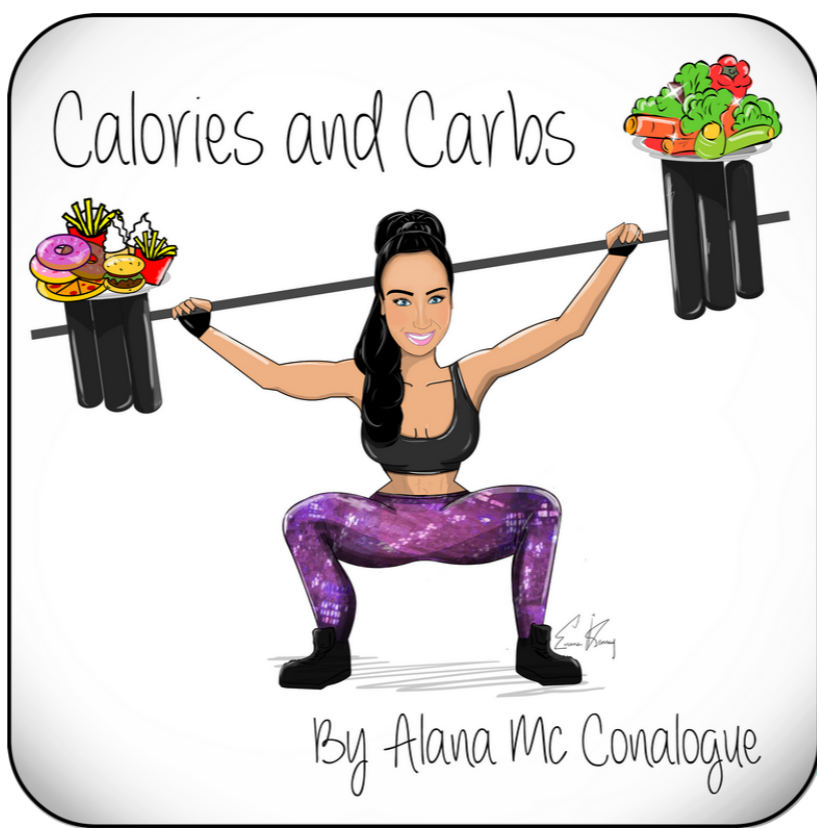
This has always been a popular topic in the health world. Should you ditch regular soft drinks for diet soft drinks? You'll save calories but will that mean you place yourself in danger of getting cancer? Should you stick with regular sugar-laden soft drinks?

Regular soft drinks have been linked with conditions such as obesity and diabetes to name just a few. The sugar content in a regular soft drink is usually over the recommended added sugar intake for an adult per day, never mind a child. Yet we as a nation continue to consume them on a daily basis.

In relation to the bold statements made in the media about diet drinks causing cancer, well, in 2005 a lab study found more lymphomas and leukaemias in rats when very high doses of aspartame were used. (3) What is classed as a 'very high dose' in the study you ask? Oh, just the equivalent to drinking 8 to 2,083 cans of diet soda DAILY!! This is exactly why we have to be careful of the things we read on social media and what we believe. First of all, the study was on rats, and secondly the dosage is well beyond any normal person's daily intake of aspartame/diet soft drinks.

Bottom line:

Soft drinks aren't healthy - simple as. However if you are going to consume them then opting for a diet version may help control weight in individuals that are aware of their caloric intake each day. The damage is in the dosage as it usually is with a lot of things. The odd diet soft drink will not cause cancer.



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@CALORIESANDCARBS



@CALSANDCARBS



CALORIESANDCARBS@GMAIL.COM

