

Myths And Misunderstandigs About Food

S.Uma Maheswari,

Asst Proffessor, Community Health Nursing

Sree Balaji College Of Nursing, Bharath Institute Of Higher Education And
Research,Chromepet, Chennai-44

1. INTRODUCTION

Food is more important for a human to survive. Food industry is being the big industry in the world. Food and health is binded to each other. If anyone of this is affected the other also do. So the food play an vital role in health.so the concern about food is spread all over the world now days

New studies come out on a regular basis touting the health benefits or risks of eating certain foods. Sometimes, the information contradicts earlier research or refutes common claims, making it difficult to determine which foods really do lead to better health.

There are more myths and misunderstandings about the food. Itdoes not adhered to one state, or country but all over the world, so this is article is to share few myths about food all around us.

DIABETES DEVELOPS AFTER EATING SUGAR



The myth that eating sugar actually causes diabetes stems from a misunderstanding of the disease. An individual with diabetes must limit his or her sugar intake to maintain a healthy body; however, sugar in the diet does not actually cause diabetes. In general, diabetes stems from genetic factors, being overweight or maintaining an inactive lifestyle.

EATING SMALL MEALS INCREASES METABOLIC RATE

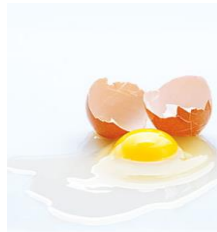
The idea that eating five or six small meals throughout the day causes a higher metabolic rate is a myth. When individuals eat two to three meals with the same calories and amount of nutrient-rich foods as a five to six meal plan, they maintain the same metabolic impact throughout the day. In fact, eating too often actually increases the amount of fat the body stores on the stomach.

Our metabolisms rev up slightly each time we eat, as our bodies process what we've consumed. So by having many mini meals instead of fewer, larger ones, we shift our metabolism into a higher gear more often—and burn a few more calories. But “the calorie difference is so small it doesn't add up to a hill of beans. That said, snacking between meals may help some dieters by keeping them from getting overly hungry and eating too many calories when they finally sit down to dinner.



EGGS ARE BAD FOR YOUR HEART.”

Eggs do contain a substantial amount of cholesterol in their yolks—about 211 milligrams (mg) per large egg. And yes, cholesterol is the fatty stuff in our blood that contributes to clogged arteries and heart attacks. But labeling eggs as “bad for your heart” is connecting the wrong dots, experts say. “Epidemiologic studies show that most healthy people can eat an egg a day without problems.



How? For most of us the cholesterol we eat—in eggs or any other food—doesn’t have a huge impact on raising our blood cholesterol; the body simply compensates by manufacturing less cholesterol itself. The chief heart-disease culprits are “saturated and Trans fats, which have much greater impact on raising blood cholesterol. Seen through that lens, eggs look more benign: a large egg contains 2 grams of saturated fat (10 percent of the Daily Value) and no Tran’s fats.

But before you celebrate with a three-egg omelet, consider the American Heart Association’s diet and lifestyle recommendations: Limit your cholesterol intake to less than 300 mg daily—less than 200 mg if you have a history of heart problems or diabetes or are over 55 (women) or 45 (men). “Eggs can fit in, as long as you make room for them in the rest of what you’re eating.”

CARBOHYDRATES MAKE YOU FAT.

It is a myth that eating carbohydrates results in a higher weight. Carbohydrates provide the body with energy throughout the day and removing a major food element like carbohydrates from a diet increases the risk of health concerns. The healthiest way to lose weight is through a calorie-restricted diet and a healthy exercise plan.



There's no question that loading up on sugary and refined-carbohydrate-rich foods, such as white bread, pasta and doughnuts, can raise your risk of developing health problems like heart disease and diabetes. But if you cut out so-called “good-carb” foods, such as whole grains, beans, fruits and vegetables, you're missing out on your body's main source of fuel as well as vital nutrients and fiber.

When a handful of major studies recently compared low-carb diets with low-fat diets and other approaches to losing weight, notes Harvey-Berino, they found that in the first few months, those following the low-carb diets tended to lose slightly more weight. “That's because low-carb diets are more restrictive,” she explains. “Anything that limits your choices will help you lose weight initially.” But after a year or as much as three years, weight-loss differences between the diets tend to even out. One recent report noted that although there was a greater weight loss initially, low-carb dieters tended to regain more weight by the end of three years when compared with low-fat dieters.

CALORIES EATEN AT NIGHT ARE MORE FATTENING THAN THOSE EATEN EARLY IN THE DAY.”

Dr. John Foreyt: “Calories are calories are calories, and it doesn't matter what time you eat them. What matters are the total calories you take in” John Foreyt, Ph.D., is the director of the Behavioral Medicine Research Center at Baylor College of Medicine.



RADIATION FROM MICROWAVES CREATES DANGEROUS COMPOUNDS IN YOUR FOOD.

“Radiation” might connote images of nuclear plants, but it simply refers to energy that travels in waves and spreads out as it goes. Microwaves, radio waves and the energy waves that we perceive as visual light all are forms of radiation. So, too, are X-rays and gamma rays—which do pose health concerns. But the microwaves used to cook foods are many, many times weaker than X-rays and gamma rays, says Robert Brackett, Ph.D., director of the National Center for Food Safety and Technology at the Illinois Institute of Technology. And the types of changes that occur in microwaved food as it cooks are “from heat generated

inside the food, not the microwaves themselves,” says Brackett. “Microwave cooking is really no different from any other cooking method that applies heat to food.” That said, microwaving in some plastics may leach compounds into your food, so take care to use only microwave-safe containers.



YOU CRAVE CERTAIN FOODS BECAUSE YOU'RE DEFICIENT IN ONE OF THE NUTRIENTS THEY PROVIDE.

Nope—unless you're a deer or moose. (In the spring, those animals are attracted to “salt licks”—mineral deposits that supply nutrients they need.) Human food cravings tend to be more about satisfying emotional needs, says Marcia Pelchat, Ph.D., a researcher at the Monell Chemical Senses Center in Philadelphia. “Cravings tend to occur when your diet is restricted or boring, or when you know that you can't have something. “If it's forbidden, you usually want it more.” There is one nutrient deficiency that's clearly associated with cravings in humans: iron. But instead of longing for iron-rich liver or steak, people severely deficient in iron stores tend to crave things like ice cubes, clay or even cement. Researchers don't know what causes this strange, rare condition, called “pica,” but some suspect that a lack of iron might somehow affect the body's appetite mechanisms.



IT'S IMPORTANT TO FAST PERIODICALLY, TO CLEANSE TOXINS FROM YOUR BODY."

The truth: Your body has its own elegantly designed system for removing toxins—namely, the liver, kidneys and spleen. There isn't any evidence that not eating—or consuming only juice—for any period of time makes them do this job any better. Source: Keith-Thomas Ayoob, Ed.D., R.D., of Albert Einstein College of Medicine



ANYONE CAN BENEFIT FROM A GLUTEN-FREE DIET

With more and more gluten-free products cropping up in supermarkets, it's easy to think their benefits might stretch beyond the audience for whom they're intended: people with celiac disease and gluten intolerance. Celiac disease is an autoimmune condition in which the body can't digest gluten, a protein found in wheat, rye and barley; it's marked by damage to the small intestine that leads to deficiencies because nutrients can't be absorbed. Gluten intolerance, on the other hand, may be diagnosed when abdominal distress, and sometimes fatigue, regularly occurs after consuming gluten. If you don't have a medical reason for following a gluten-free diet, "there's probably no benefit.

When people with celiac disease or gluten intolerance go gluten-free, "they do feel better and more energetic," adds Thompson, "but that's only because they were feeling so sick before." Those without a medical need to avoid gluten shouldn't expect such results.

(If you suspect you have trouble with gluten, don't self-diagnose. It is much more difficult to get a definitive medical diagnosis of celiac disease if one stops eating gluten.)



YOUR BODY CAN'T USE THE PROTEIN FROM BEANS UNLESS YOU EAT THEM WITH RICE."

Proteins—which our bodies need to make everything from new muscle to hormones—are made up of different combinations of 20 amino acids. Thing is, our bodies can make only 11 of these amino acids; we must get the other nine from food. Animal-based protein-rich foods like eggs and meat provide all nine of these "essential" amino acids, but nearly all plant foods are low in at least one. Experts used to say that to get what your body needs to make proteins, you needed to pair plant-based foods with complementary sets of amino acids—like rice and beans. Now they know that you don't have to eat those foods at the same meal. "If you get a variety of foods throughout the day, they all go into the 'basket' of amino acids that are available for the body to use.



AVOID ALL PROCESSED FOODS

Not all processed foods are created equal, says Kearney. Whole foods blended in a food processor are still the same food. Some processed foods are good for you, such as whole grain pasta, canned light tuna packed in water and plain flash-frozen fruits and vegetables.

Not-so-healthy processed foods to look out for are those with:

- Sweeteners (syrup, sugar, artificial sweeteners [aspartame])
- Food coloring
- Preservatives (sodium, oils, nitrites, sulfites)
- Additives (corn, soy, cottonseed, cereal by-products)

**FRESH FRUIT IS BEST: The Myth: Fresh fruit is better than dried fruit**

This myth is true in only one regard: if you are looking for vitamin ‘c’, then fresh fruit is best, but other than that, dried fruit contains just as many nutrients and sugar for energy as fresh fruit. If you subscribe to the notion that you should eat 5 fruits a day, then you only need one tablespoon of dried fruit per portion – so five tablespoons of dried fruit fulfills your daily need. The same is true of canned or frozen fruit. Fruit juice is also able to be used as a daily fruit portion but only one per day should be made up of juice only.

**WHEN TRYING TO GAIN MUSCLE, YOU SHOULD EAT COPIOUS AMOUNTS OF PROTEIN**

According to the Mayo Clinic, 10 – 35% of your daily dietary intake should be protein – whether trying to gain weight, lose weight, or maintain weight. Most of this comes from our regular food and we seldom need to take protein supplements. Even more damning for this myth are two recent studies by independent sport medicine journals in which various people (including bodybuilders) were given varying extra quantities of protein each day; summing one study up, Dr Richard Krieger from the University of Memphis said: “Although it is important for athletes to get an adequate amount of protein . . . consuming additional amounts of protein does not appear to promote muscle growth.”

**SALT INCREASES BLOOD PRESSURE: The Myth: Excess salt increases your blood pressure**

This is a myth that originated in the 1940s when a professor used salt-reduction to treat people with high blood pressure. Science has since found out that there is no reason for a

person with normal blood pressure to restrict their salt intake. However, if you already have high blood pressure, you may become salt-sensitive in which case you should reduce salt or increase your potassium intake as it is the balance of the two that really matters. Furthermore, people who suffer from hypertension should be careful with salt as it can have an impact there. Ultimately, eating more potassium is probably more important than reducing salt. Potassium rich foods are spinach, broccoli, bananas, white potatoes and most types of beans.



FAST FOOD IS BAD: The Myth: Fast food is bad for you

A very wise man once said: “all things in moderation”. This ancient phrase applies to most things in life – including fast food. A moderate amount of fast food is no worse for you than a moderate amount of home-cooked meat and vegetables. A constant diet of nothing but fast food may not be the healthiest choice you can make, but then again, eating macaroni and cheese every night is not very healthy either. Variety and moderation are the key to good eating and health. If you feel like a cheeseburger, eat one. Eating a healthy diet requires the right combination of foods. Unfortunately, confusion about healthy food choices arise from myths and misunderstandings about nutrition. By taking time to clarify the myths, an individual has the tools to enjoy a better diet plan.



FOOD MYTH: SPICY FOOD GIVES YOU AN ULCER

Healthy eating: Spices don't trigger ulcers. We now know that the bacteria *Helicobacter pylori* causes almost all ulcers, except those triggered by certain medications, like aspirin. What spices can do is exacerbate an irritable bowel, which people often mistake for an ulcer.



2. CONCLUSION

Eating a healthy diet plan starts with understanding the basic myths and misconceptions that cause poor dietary decisions. Generally, a healthy plan incorporates a variety of food groups and strives to limit foods with a low nutrient content.

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